US HARBORS www.USHarbors.com

Rockland, ME - Jan 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:21	9.7	5:47	8.9	11:33	1.4	11:45	1.5	7:11	4:08	
2	Wed	6:12	9.7	6:44	8.6			12:29	1.3	7:11	4:09	
3	Thu	7:03	9.7	7:39	8.6	12:37	1.7	1:23	1.2	7:11	4:10	
4	Fri	7:51	9.8	8:30	8.6	1:27	1.9	2:14	1.0	7:11	4:11	
5	Sat	8:37	10.0	9:17	8.7	2:15	1.9	3:01	0.8	7:11	4:11	
6	Sun	9:20	10.1	10:00	8.8	3:00	1.8	3:44	0.6	7:11	4:12	
7	Mon	9:59	10.3	10:40	8.9	3:42	1.7	4:25	0.4	7:11	4:14	
8	Tue	10:35	10.5	11:17	9.1	4:22	1.6	5:03	0.2	7:10	4:15	
9	Wed	11:11	10.6	11:51	9.3	5:00	1.4	5:40	0.0	7:10	4:16	
10	Thu	11:47	10.7			5:39	1.3	6:17	-0.1	7:10	4:17	
11	Fri	12:26	9.5	12:25	10.7	6:20	1.1	6:55	-0.1	7:10	4:18	
12	Sat	1:03	9.7	1:08	10.7	7:03	0.9	7:35	-0.1	7:09	4:19	
13	Sun	1:44	10.0	1:54	10.5	7:50	0.8	8:19	0.0	7:09	4:20	
14	Mon	2:29	10.2	2:46	10.2	8:42	0.7	9:06	0.2	7:08	4:21	
15	Tue	3:19	10.4	3:43	9.9	9:39	0.5	9:59	0.4	7:08	4:23	
16	Wed	4:14	10.6	4:47	9.6	10:41	0.4	10:57	0.7	7:07	4:24	
17	Thu	5:15	10.8	5:58	9.4	11:47	0.2	11:59	0.8	7:07	4:25	
18	Fri	6:20	11.0	7:10	9.4			12:54	-0.1	7:06	4:26	
19	Sat	7:26	11.3	8:17	9.6	1:04	0.8	1:59	-0.5	7:05	4:28	
20	Sun	8:30	11.6	9:18	9.9	2:07	0.7	3:00	-0.9	7:05	4:29	
21	Mon	9:28	11.9	10:13	10.2	3:07	0.4	3:56	-1.1	7:04	4:30	
22	Tue	10:23	12.0	11:05	10.4	4:03	0.2	4:48	-1.3	7:03	4:32	
23	Wed	11:15	12.0	11:54	10.5	4:56	0.1	5:37	-1.2	7:02	4:33	
24	Thu			12:04	11.8	5:47	0.1	6:24	-1.0	7:02	4:34	
25	Fri	12:40	10.5	12:51	11.3	6:36	0.2	7:08	-0.6	7:01	4:36	
26	Sat	1:25	10.4	1:37	10.8	7:23	0.4	7:51	-0.1	7:00	4:37	
27	Sun	2:09	10.2	2:23	10.1	8:11	0.7	8:33	0.4	6:59	4:38	
28	Mon	2:53	10.0	3:11	9.5	8:59	1.0	9:17	1.0	6:58	4:40	
29	Tue	3:38	9.7	4:03	8.9	9:50	1.2	10:04	1.5	6:57	4:41	
30	Wed	4:27	9.5	4:59	8.5	10:45	1.5	10:54	1.9	6:56	4:42	
31	Thu	5:19	9.3	5:59	8.2	11:42	1.5	11:48	2.2	6:55	4:44	