

































Rockland, ME - Mar 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:19	9.1	6:14	8.0	11:53	1.6	11:59	2.4	6:12	5:25	
2	Sun	6:21	9.2	7:13	8.2			12:53	1.5	6:10	5:26	
3	Mon	7:19	9.5	8:05	8.5	12:57	2.3	1:47	1.2	6:08	5:27	
4	Tue	8:10	9.9	8:51	8.9	1:51	1.9	2:35	0.8	6:07	5:28	
5	Wed	8:56	10.3	9:32	9.5	2:40	1.4	3:18	0.3	6:05	5:30	
6	Thu	9:39	10.7	10:10	10.0	3:26	0.9	3:59	0.0	6:03	5:31	
7	Fri	10:21	11.0	10:47	10.5	4:09	0.3	4:38	-0.3	6:01	5:32	
8	Sat	11:03	11.2	11:26	11.0	4:53	-0.2	5:18	-0.5	5:59	5:34	
9	Sun			12:47	11.2	6:38	-0.6	6:59	-0.5	6:58	6:35	
10	Mon	1:07	11.4	1:33	11.1	7:25	-0.9	7:43	-0.4	6:56	6:36	
11	Tue	1:52	11.6	2:23	10.8	8:14	-0.9	8:30	-0.1	6:54	6:37	
12	Wed	2:41	11.5	3:18	10.3	9:08	-0.8	9:22	0.3	6:52	6:39	
13	Thu	3:35	11.3	4:20	9.8	10:07	-0.5	10:21	0.7	6:51	6:40	
14	Fri	4:36	11.0	5:30	9.5	11:12	-0.2	11:26	1.1	6:49	6:41	
15	Sat	5:47	10.8	6:44	9.3			12:21	0.0	6:47	6:42	
16	Sun	7:01	10.7	7:53	9.4	12:36	1.2	1:31	0.0	6:45	6:44	
17	Mon	8:10	10.8	8:55	9.7	1:47	1.1	2:35	-0.1	6:43	6:45	
18	Tue	9:12	10.9	9:50	10.1	2:52	0.8	3:33	-0.2	6:41	6:46	
19	Wed	10:07	11.0	10:39	10.4	3:50	0.5	4:24	-0.3	6:40	6:47	
20	Thu	10:57	11.0	11:24	10.6	4:41	0.2	5:09	-0.3	6:38	6:49	
21	Fri	11:43	10.8			5:28	0.0	5:51	-0.1	6:36	6:50	
22	Sat	12:06	10.7	12:26	10.6	6:11	0.0	6:29	0.2	6:34	6:51	
23	Sun	12:43	10.6	1:05	10.2	6:51	0.1	7:05	0.6	6:32	6:52	
24	Mon	1:18	10.4	1:43	9.8	7:29	0.2	7:40	0.9	6:30	6:54	
25	Tue	1:50	10.2	2:20	9.4	8:07	0.4	8:15	1.3	6:29	6:55	
26	Wed	2:23	9.9	2:57	9.0	8:46	0.7	8:53	1.7	6:27	6:56	
27	Thu	2:59	9.7	3:38	8.6	9:29	1.0	9:35	2.1	6:25	6:57	
28	Fri	3:41	9.4	4:27	8.3	10:17	1.3	10:23	2.3	6:23	6:58	
29	Sat	4:31	9.2	5:23	8.1	11:10	1.5	11:18	2.5	6:21	7:00	
30	Sun	5:27	9.1	6:25	8.1			12:08	1.5	6:20	7:01	
31	Mon	6:29	9.2	7:25	8.3	12:17	2.4	1:06	1.4	6:18	7:02	