US HARBORS www.USHarbors.com

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	