
































## Rockland, ME - Nov 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:43	9.1	1:37	10.0	7:29	1.7	8:05	0.5	7:13	5:26	
2	Sun	1:21	8.8	1:13	9.8	7:08	2.0	7:47	0.8	6:15	4:24	
3	Mon	2:01	8.6	1:54	9.5	7:49	2.2	8:31	1.0	6:16	4:23	
4	Tue	2:45	8.4	2:40	9.3	8:36	2.4	9:20	1.2	6:17	4:22	
5	Wed	3:35	8.3	3:32	9.2	9:28	2.4	10:11	1.3	6:19	4:20	
6	Thu	4:29	8.4	4:29	9.1	10:25	2.4	11:04	1.3	6:20	4:19	
7	Fri	5:23	8.7	5:28	9.2	11:23	2.1	11:55	1.1	6:21	4:18	
8	Sat	6:14	9.1	6:26	9.4			12:20	1.7	6:23	4:17	
9	Sun	7:02	9.6	7:21	9.6	12:45	0.9	1:13	1.0	6:24	4:16	
10	Mon	7:47	10.3	8:14	10.0	1:32	0.7	2:05	0.3	6:25	4:14	
11	Tue	8:32	10.9	9:04	10.3	2:19	0.4	2:54	-0.4	6:27	4:13	
12	Wed	9:17	11.5	9:54	10.5	3:06	0.2	3:43	-1.0	6:28	4:12	
13	Thu	10:04	12.0	10:45	10.6	3:53	0.0	4:33	-1.4	6:29	4:11	
14	Fri	10:52	12.3	11:37	10.6	4:41	-0.1	5:24	-1.7	6:31	4:10	
15	Sat	11:43	12.4			5:32	-0.1	6:17	-1.7	6:32	4:09	
16	Sun	12:31	10.5	12:38	12.2	6:25	0.1	7:12	-1.5	6:33	4:08	
17	Mon	1:28	10.4	1:36	11.9	7:22	0.3	8:09	-1.2	6:35	4:08	
18	Tue	2:29	10.2	2:38	11.4	8:23	0.5	9:09	-0.8	6:36	4:07	
19	Wed	3:32	10.1	3:45	10.9	9:28	0.7	10:11	-0.4	6:37	4:06	
20	Thu	4:37	10.1	4:54	10.5	10:36	0.8	11:13	-0.1	6:38	4:05	
21	Fri	5:39	10.2	6:00	10.2	11:43	0.8			6:40	4:04	
22	Sat	6:37	10.4	7:01	10.0	12:13	0.2	12:47	0.6	6:41	4:04	
23	Sun	7:31	10.6	7:58	9.9	1:09	0.4	1:45	0.4	6:42	4:03	
24	Mon	8:20	10.7	8:51	9.7	2:00	0.6	2:38	0.2	6:43	4:02	
25	Tue	9:06	10.7	9:39	9.6	2:48	0.8	3:26	0.1	6:45	4:02	
26	Wed	9:49	10.7	10:24	9.4	3:32	1.1	4:09	0.0	6:46	4:01	
27	Thu	10:28	10.6	11:06	9.3	4:12	1.3	4:49	0.1	6:47	4:01	
28	Fri	11:05	10.4	11:45	9.1	4:50	1.5	5:28	0.2	6:48	4:00	
29	Sat	11:39	10.2			5:27	1.7	6:05	0.3	6:49	4:00	
30	Sun	12:22	8.9	12:12	10.1	6:03	1.8	6:42	0.5	6:50	3:59	