US HARBORS www.USHarbors.com

Rockland, ME - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:34	9.1	1:36	9.9	7:34	1.6	8:04	0.6	7:11	4:08	
2	Fri	2:12	9.3	2:19	9.7	8:18	1.5	8:45	0.7	7:11	4:09	
3	Sat	2:54	9.5	3:08	9.5	9:07	1.4	9:30	0.9	7:11	4:10	
4	Sun	3:42	9.7	4:03	9.3	10:02	1.2	10:20	1.0	7:11	4:11	
5	Mon	4:34	10.0	5:03	9.2	11:01	1.0	11:15	1.1	7:11	4:12	
6	Tue	5:31	10.3	6:09	9.2			12:04	0.6	7:11	4:13	
7	Wed	6:31	10.8	7:17	9.4	12:14	1.0	1:07	0.1	7:10	4:14	
8	Thu	7:33	11.3	8:22	9.7	1:15	0.8	2:08	-0.5	7:10	4:15	
9	Fri	8:33	11.8	9:23	10.1	2:15	0.5	3:07	-1.1	7:10	4:16	
10	Sat	9:32	12.2	10:19	10.5	3:14	0.2	4:03	-1.5	7:10	4:18	
11	Sun	10:28	12.5	11:13	10.9	4:11	-0.2	4:57	-1.8	7:09	4:19	
12	Mon	11:23	12.6			5:06	-0.4	5:49	-1.9	7:09	4:20	
13	Tue	12:05	11.1	12:17	12.5	6:01	-0.6	6:39	-1.8	7:08	4:21	
14	Wed	12:57	11.2	1:10	12.0	6:55	-0.5	7:29	-1.4	7:08	4:22	
15	Thu	1:48	11.1	2:04	11.4	7:50	-0.3	8:20	-0.8	7:07	4:24	
16	Fri	2:40	11.0	3:00	10.7	8:46	0.0	9:10	-0.2	7:07	4:25	
17	Sat	3:33	10.7	3:58	10.0	9:43	0.3	10:03	0.4	7:06	4:26	
18	Sun	4:28	10.4	4:59	9.4	10:43	0.7	10:58	1.0	7:06	4:27	
19	Mon	5:25	10.2	6:00	8.9	11:44	0.9	11:54	1.5	7:05	4:29	
20	Tue	6:21	10.0	7:00	8.7			12:44	1.0	7:04	4:30	
21	Wed	7:16	10.0	7:56	8.6	12:51	1.8	1:41	1.0	7:03	4:31	
22	Thu	8:08	10.0	8:47	8.7	1:45	1.9	2:32	0.8	7:03	4:33	
23	Fri	8:56	10.1	9:34	8.8	2:34	1.8	3:19	0.7	7:02	4:34	
24	Sat	9:40	10.2	10:16	8.9	3:20	1.7	4:02	0.5	7:01	4:35	
25	Sun	10:19	10.3	10:55	9.1	4:01	1.6	4:40	0.4	7:00	4:37	
26	Mon	10:55	10.4	11:29	9.2	4:39	1.4	5:15	0.3	6:59	4:38	
27	Tue	11:27	10.4			5:16	1.3	5:49	0.3	6:58	4:39	
28	Wed	12:00	9.4	11:59 AM	10.4	5:52	1.2	6:22	0.3	6:57	4:41	
29	Thu	12:29	9.6	12:33	10.3	6:29	1.0	6:55	0.3	6:56	4:42	
30	Fri	1:01	9.7	1:11	10.2	7:08	0.9	7:32	0.4	6:55	4:43	
31	Sat	1:38	9.9	1:54	9.9	7:51	0.8	8:11	0.6	6:54	4:45	