

































Rockland, ME - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:08	10.6	1:34	10.1	7:29	0.1	7:44	0.6	6:12	5:24	
2	Mon	1:52	10.7	2:23	9.8	8:18	0.1	8:32	0.8	6:10	5:26	
3	Tue	2:42	10.7	3:20	9.4	9:14	0.2	9:26	1.1	6:09	5:27	
4	Wed	3:39	10.6	4:25	9.2	10:16	0.2	10:29	1.2	6:07	5:28	
5	Thu	4:44	10.6	5:39	9.1	11:24	0.2	11:37	1.2	6:05	5:29	
6	Fri	5:57	10.7	6:53	9.4			12:33	0.0	6:03	5:31	
7	Sat	7:09	11.0	7:58	9.9	12:47	1.0	1:38	-0.3	6:02	5:32	
8	Sun	9:14	11.4	9:56	10.4	1:53	0.5	3:37	-0.7	7:00	6:33	
9	Mon	10:13	11.7	10:48	10.9	3:53	0.0	4:31	-1.0	6:58	6:35	
10	Tue	11:07	11.8	11:37	11.3	4:49	-0.5	5:21	-1.1	6:56	6:36	
11	Wed	11:57	11.8			5:40	-0.8	6:07	-1.0	6:55	6:37	
12	Thu	12:23	11.5	12:45	11.5	6:29	-0.9	6:51	-0.7	6:53	6:38	
13	Fri	1:07	11.5	1:32	11.0	7:16	-0.8	7:34	-0.3	6:51	6:40	
14	Sat	1:49	11.2	2:18	10.5	8:02	-0.5	8:17	0.3	6:49	6:41	
15	Sun	2:32	10.8	3:04	9.8	8:48	-0.1	9:00	0.9	6:47	6:42	
16	Mon	3:15	10.4	3:53	9.2	9:36	0.4	9:46	1.4	6:46	6:43	
17	Tue	4:02	9.9	4:45	8.7	10:27	0.9	10:36	1.9	6:44	6:45	
18	Wed	4:54	9.5	5:44	8.4	11:22	1.2	11:31	2.2	6:42	6:46	
19	Thu	5:53	9.3	6:44	8.2			12:21	1.5	6:40	6:47	
20	Fri	6:55	9.2	7:42	8.3	12:30	2.4	1:20	1.5	6:38	6:48	
21	Sat	7:53	9.3	8:35	8.5	1:30	2.3	2:15	1.4	6:36	6:50	
22	Sun	8:46	9.5	9:22	8.9	2:25	2.0	3:04	1.1	6:35	6:51	
23	Mon	9:33	9.7	10:04	9.3	3:15	1.6	3:47	0.9	6:33	6:52	
24	Tue	10:16	10.0	10:41	9.7	3:59	1.2	4:27	0.6	6:31	6:53	
25	Wed	10:55	10.2	11:14	10.1	4:41	0.8	5:03	0.4	6:29	6:54	
26	Thu	11:32	10.3	11:47	10.5	5:21	0.3	5:39	0.3	6:27	6:56	
27	Fri			12:09	10.4	6:00	0.0	6:16	0.3	6:25	6:57	
28	Sat	12:22	10.8	12:49	10.4	6:41	-0.4	6:55	0.3	6:24	6:58	
29	Sun	1:00	11.1	1:32	10.3	7:25	-0.5	7:37	0.4	6:22	6:59	
30	Mon	1:43	11.2	2:19	10.1	8:12	-0.6	8:23	0.6	6:20	7:01	
31	Tue	2:31	11.2	3:12	9.8	9:03	-0.5	9:15	0.8	6:18	7:02	