US HARBORS www.USHarbors.com

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	