US HARBORS www.USHarbors.com

Rockland, ME - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**7:02**	9.7	**7:28**	10.7	**12:47**	0.3	**1:02**	0.6	4:57	8:23	
2	Thu	**8:03**	9.4	**8:23**	10.6	**1:48**	0.3	**1:59**	1.0	4:57	8:23	
3	Fri	**9:00**	9.2	**9:15**	10.6	**2:46**	0.3	**2:53**	1.3	4:58	8:23	
4	Sat	**9:53**	9.1	**10:04**	10.5	**3:39**	0.3	**3:43**	1.4	4:59	8:22	
5	Sun	**10:42**	9.1	**10:49**	10.5	**4:28**	0.3	**4:30**	1.5	4:59	8:22	
6	Mon	**11:27**	9.0	**11:30**	10.4	**5:12**	0.3	**5:12**	1.6	5:00	8:22	
7	Tue			**12:09**	9.0	**5:53**	0.3	**5:52**	1.6	5:01	8:21	
8	Wed	**12:08**	10.4	**12:47**	9.0	**6:31**	0.3	**6:29**	1.6	5:01	8:21	
9	Thu	**12:43**	10.3	**1:22**	9.0	**7:06**	0.4	**7:06**	1.6	5:02	8:20	
10	Fri	**1:15**	10.1	**1:54**	9.1	**7:41**	0.5	**7:43**	1.6	5:03	8:20	
11	Sat	**1:48**	10.0	**2:25**	9.1	**8:15**	0.6	**8:22**	1.6	5:04	8:19	
12	Sun	**2:24**	9.8	**2:59**	9.3	**8:51**	0.7	**9:04**	1.5	5:04	8:19	
13	Mon	**3:05**	9.6	**3:37**	9.4	**9:29**	0.8	**9:50**	1.4	5:05	8:18	
14	Tue	**3:50**	9.4	**4:20**	9.6	**10:10**	1.0	**10:40**	1.3	5:06	8:17	
15	Wed	**4:40**	9.2	**5:09**	9.8	**10:56**	1.1	**11:35**	1.1	5:07	8:17	
16	Thu	**5:36**	9.0	**6:02**	10.1	**11:48**	1.2			5:08	8:16	
17	Fri	**6:37**	9.0	**6:59**	10.4	**12:34**	0.8	**12:44**	1.2	5:09	8:15	
18	Sat	**7:43**	9.1	**8:00**	10.9	**1:36**	0.4	**1:43**	1.1	5:10	8:15	
19	Sun	**8:48**	9.4	**9:01**	11.4	**2:37**	-0.1	**2:43**	0.8	5:11	8:14	
20	Mon	**9:50**	9.8	**10:00**	11.9	**3:36**	-0.6	**3:43**	0.5	5:12	8:13	
21	Tue	**10:48**	10.2	**10:58**	12.3	**4:33**	-1.2	**4:40**	0.0	5:13	8:12	
22	Wed	**11:42**	10.7	**11:53**	12.5	**5:27**	-1.6	**5:36**	-0.4	5:14	8:11	
23	Thu			**12:35**	11.0	**6:20**	-1.8	**6:32**	-0.6	5:15	8:10	
24	Fri	**12:48**	12.5	**1:27**	11.3	**7:11**	-1.8	**7:27**	-0.7	5:16	8:09	
25	Sat	**1:42**	12.2	**2:19**	11.4	**8:02**	-1.6	**8:22**	-0.7	5:17	8:08	
26	Sun	**2:37**	11.7	**3:12**	11.3	**8:52**	-1.1	**9:19**	-0.4	5:18	8:07	
27	Mon	**3:33**	11.1	**4:05**	11.1	**9:44**	-0.5	**10:17**	-0.1	5:19	8:06	
28	Tue	**4:32**	10.4	**5:01**	10.8	**10:37**	0.1	**11:17**	0.2	5:20	8:05	
29	Wed	**5:33**	9.7	**5:58**	10.6	**11:33**	0.7			5:21	8:04	
30	Thu	**6:35**	9.2	**6:57**	10.3	**12:19**	0.5	**12:31**	1.2	5:22	8:03	
31	Fri	**7:37**	8.9	**7:54**	10.2	**1:20**	0.7	**1:29**	1.5	5:23	8:01	