

































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	