


























Rockland, ME - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:34	8.8	8:48	10.1	2:19	0.7	2:26	1.7	5:24	8:00	
2	Sun	9:28	8.8	9:39	10.2	3:13	0.7	3:18	1.7	5:25	7:59	
3	Mon	10:16	8.9	10:25	10.3	4:03	0.6	4:05	1.6	5:26	7:58	
4	Tue	11:00	9.0	11:06	10.3	4:47	0.5	4:48	1.5	5:28	7:56	
5	Wed	11:41	9.1	11:44	10.3	5:26	0.4	5:27	1.4	5:29	7:55	
6	Thu			12:17	9.2	6:02	0.4	6:04	1.3	5:30	7:54	
7	Fri	12:18	10.3	12:49	9.4	6:36	0.4	6:40	1.2	5:31	7:52	
8	Sat	12:49	10.2	1:18	9.5	7:08	0.4	7:16	1.1	5:32	7:51	
9	Sun	1:21	10.1	1:47	9.6	7:41	0.5	7:53	1.0	5:33	7:50	
10	Mon	1:56	9.9	2:20	9.8	8:15	0.7	8:34	0.9	5:34	7:48	
11	Tue	2:36	9.7	2:59	9.9	8:52	0.8	9:18	0.9	5:35	7:47	
12	Wed	3:20	9.5	3:43	10.0	9:34	1.0	10:08	0.8	5:37	7:45	
13	Thu	4:11	9.2	4:33	10.1	10:22	1.2	11:05	0.8	5:38	7:44	
14	Fri	5:08	9.0	5:30	10.3	11:16	1.3			5:39	7:42	
15	Sat	6:13	8.9	6:33	10.5	12:07	0.6	12:18	1.4	5:40	7:41	
16	Sun	7:24	9.1	7:41	10.9	1:13	0.3	1:23	1.2	5:41	7:39	
17	Mon	8:33	9.4	8:47	11.3	2:18	-0.1	2:28	0.8	5:42	7:38	
18	Tue	9:36	10.0	9:49	11.8	3:19	-0.6	3:30	0.3	5:43	7:36	
19	Wed	10:32	10.5	10:47	12.2	4:16	-1.1	4:28	-0.3	5:45	7:34	
20	Thu	11:25	11.1	11:41	12.3	5:09	-1.5	5:24	-0.7	5:46	7:33	
21	Fri			12:15	11.5	6:00	-1.6	6:17	-1.0	5:47	7:31	
22	Sat	12:34	12.2	1:04	11.7	6:48	-1.5	7:10	-1.1	5:48	7:29	
23	Sun	1:25	11.9	1:52	11.6	7:36	-1.1	8:02	-0.9	5:49	7:28	
24	Mon	2:17	11.3	2:41	11.4	8:24	-0.6	8:54	-0.6	5:50	7:26	
25	Tue	3:10	10.6	3:32	11.0	9:13	0.0	9:49	-0.2	5:51	7:24	
26	Wed	4:06	9.9	4:25	10.6	10:04	0.7	10:45	0.3	5:53	7:23	
27	Thu	5:04	9.3	5:22	10.1	10:59	1.3	11:45	0.7	5:54	7:21	
28	Fri	6:05	8.9	6:22	9.8	11:57	1.7			5:55	7:19	
29	Sat	7:07	8.6	7:22	9.7	12:47	1.0	12:57	2.0	5:56	7:17	
30	Sun	8:04	8.6	8:18	9.7	1:46	1.1	1:55	2.0	5:57	7:16	
31	Mon	8:57	8.7	9:09	9.9	2:41	1.0	2:49	1.8	5:58	7:14	