

































## Rockland, ME - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:20	11.1	10:02	9.8	3:09	0.9	3:51	-0.5	6:51	3:59	
2	Wed	10:06	11.5	10:49	10.0	3:55	0.6	4:38	-0.9	6:52	3:59	
3	Thu	10:53	11.8	11:38	10.2	4:43	0.5	5:27	-1.2	6:53	3:58	
4	Fri	11:43	12.0			5:32	0.3	6:17	-1.3	6:54	3:58	
5	Sat	12:29	10.3	12:35	12.0	6:24	0.3	7:09	-1.3	6:55	3:58	
6	Sun	1:23	10.3	1:31	11.7	7:20	0.3	8:03	-1.1	6:56	3:58	
7	Mon	2:20	10.4	2:31	11.4	8:19	0.4	8:59	-0.9	6:57	3:58	
8	Tue	3:20	10.5	3:35	10.9	9:22	0.4	9:58	-0.5	6:58	3:58	
9	Wed	4:22	10.6	4:43	10.5	10:28	0.4	10:58	-0.2	6:59	3:58	
10	Thu	5:24	10.7	5:51	10.2	11:35	0.3	11:58	0.1	7:00	3:58	
11	Fri	6:24	10.9	6:56	10.0			12:40	0.1	7:01	3:58	
12	Sat	7:21	11.1	7:56	9.8	12:56	0.4	1:41	-0.1	7:02	3:58	
13	Sun	8:14	11.2	8:52	9.8	1:52	0.6	2:37	-0.3	7:03	3:58	
14	Mon	9:05	11.2	9:43	9.7	2:45	0.8	3:28	-0.4	7:03	3:58	
15	Tue	9:52	11.1	10:31	9.6	3:33	0.9	4:16	-0.4	7:04	3:58	
16	Wed	10:36	11.0	11:15	9.5	4:18	1.1	4:59	-0.3	7:05	3:59	
17	Thu	11:17	10.8	11:57	9.3	5:00	1.3	5:40	-0.1	7:06	3:59	
18	Fri	11:55	10.5			5:40	1.4	6:19	0.1	7:06	3:59	
19	Sat	12:36	9.2	12:31	10.3	6:19	1.6	6:56	0.3	7:07	4:00	
20	Sun	1:13	9.0	1:06	10.1	6:58	1.7	7:34	0.5	7:07	4:00	
21	Mon	1:49	9.0	1:43	9.8	7:38	1.8	8:12	0.7	7:08	4:00	
22	Tue	2:26	8.9	2:23	9.5	8:22	1.9	8:52	0.9	7:08	4:01	
23	Wed	3:05	9.0	3:08	9.2	9:09	1.9	9:34	1.2	7:09	4:02	
24	Thu	3:48	9.1	3:58	9.0	9:59	1.9	10:20	1.3	7:09	4:02	
25	Fri	4:34	9.2	4:53	8.8	10:54	1.7	11:09	1.5	7:10	4:03	
26	Sat	5:24	9.5	5:52	8.7	11:50	1.4			7:10	4:03	
27	Sun	6:15	9.8	6:52	8.8	12:00	1.5	12:46	1.0	7:10	4:04	
28	Mon	7:08	10.3	7:51	9.0	12:53	1.4	1:42	0.5	7:10	4:05	
29	Tue	8:01	10.8	8:47	9.4	1:46	1.2	2:36	-0.1	7:11	4:06	
30	Wed	8:54	11.3	9:41	9.8	2:39	0.9	3:28	-0.7	7:11	4:06	
31	Thu	9:46	11.8	10:33	10.3	3:32	0.5	4:20	-1.2	7:11	4:07	