



Rockland, ME - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:39	12.3	11:24	10.7	4:26	0.0	5:10	-1.6	7:11	4:08	☉
2	Sat	11:32	12.5			5:18	-0.3	6:01	-1.8	7:11	4:09	☉
3	Sun	12:15	11.0	12:25	12.4	6:12	-0.5	6:51	-1.8	7:11	4:10	☉
4	Mon	1:07	11.2	1:20	12.1	7:07	-0.5	7:43	-1.5	7:11	4:11	☾
5	Tue	2:01	11.3	2:17	11.6	8:04	-0.4	8:36	-1.1	7:11	4:12	☾
6	Wed	2:57	11.2	3:18	11.0	9:04	-0.3	9:31	-0.6	7:11	4:13	☾
7	Thu	3:55	11.1	4:22	10.4	10:07	-0.1	10:29	0.0	7:10	4:14	☾
8	Fri	4:55	11.0	5:28	9.9	11:12	0.1	11:28	0.5	7:10	4:15	☾
9	Sat	5:56	10.9	6:33	9.5			12:17	0.2	7:10	4:16	☾
10	Sun	6:55	10.8	7:34	9.3	12:29	0.9	1:19	0.2	7:10	4:17	☾
11	Mon	7:52	10.8	8:31	9.3	1:28	1.1	2:17	0.2	7:09	4:18	☾
12	Tue	8:45	10.7	9:23	9.3	2:23	1.2	3:09	0.1	7:09	4:20	☾
13	Wed	9:33	10.7	10:10	9.3	3:14	1.3	3:57	0.1	7:09	4:21	☾
14	Thu	10:17	10.7	10:53	9.3	3:59	1.3	4:39	0.1	7:08	4:22	☾
15	Fri	10:58	10.6	11:33	9.3	4:40	1.3	5:17	0.2	7:08	4:23	☾
16	Sat	11:34	10.4			5:18	1.3	5:53	0.3	7:07	4:24	☾
17	Sun	12:09	9.3	12:07	10.3	5:55	1.3	6:27	0.4	7:06	4:26	☾
18	Mon	12:41	9.3	12:38	10.1	6:31	1.3	7:00	0.5	7:06	4:27	☾
19	Tue	1:11	9.3	1:11	9.9	7:08	1.4	7:34	0.7	7:05	4:28	☾
20	Wed	1:42	9.4	1:48	9.6	7:47	1.4	8:10	0.9	7:04	4:30	☾
21	Thu	2:17	9.4	2:30	9.3	8:30	1.4	8:49	1.1	7:04	4:31	☾
22	Fri	2:57	9.5	3:17	9.0	9:18	1.4	9:33	1.4	7:03	4:32	☾
23	Sat	3:44	9.6	4:10	8.8	10:11	1.3	10:23	1.5	7:02	4:34	☾
24	Sun	4:35	9.8	5:10	8.7	11:09	1.2	11:18	1.6	7:01	4:35	☾
25	Mon	5:33	10.0	6:16	8.8			12:10	0.9	7:00	4:36	☾
26	Tue	6:34	10.4	7:23	9.0	12:18	1.5	1:12	0.4	6:59	4:38	☾
27	Wed	7:35	10.9	8:25	9.5	1:19	1.2	2:11	-0.2	6:58	4:39	☉
28	Thu	8:35	11.5	9:21	10.1	2:18	0.7	3:07	-0.8	6:57	4:40	☉
29	Fri	9:32	12.1	10:15	10.7	3:15	0.2	4:00	-1.4	6:56	4:42	☉
30	Sat	10:26	12.5	11:06	11.2	4:10	-0.4	4:51	-1.8	6:55	4:43	☉
31	Sun	11:19	12.6	11:56	11.6	5:04	-0.8	5:41	-1.9	6:54	4:44	☉