



## Rockland, ME - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:05	12.4	11:34	12.0	4:49	-1.3	5:19	-1.7	6:13	5:24	☉
2	Tue	11:57	12.2			5:42	-1.5	6:07	-1.5	6:11	5:25	☉
3	Wed	12:22	12.1	12:49	11.8	6:34	-1.5	6:55	-1.1	6:09	5:27	☉
4	Thu	1:11	12.0	1:42	11.2	7:26	-1.2	7:45	-0.5	6:07	5:28	☾
5	Fri	2:02	11.6	2:37	10.4	8:20	-0.8	8:36	0.2	6:06	5:29	☾
6	Sat	2:56	11.1	3:35	9.8	9:17	-0.2	9:31	0.9	6:04	5:30	☾
7	Sun	3:53	10.6	4:38	9.2	10:17	0.3	10:30	1.4	6:02	5:32	☾
8	Mon	4:55	10.1	5:41	8.9	11:20	0.7	11:33	1.7	6:00	5:33	☾
9	Tue	5:58	9.9	6:42	8.7			12:22	1.0	5:59	5:34	☾
10	Wed	6:58	9.8	7:38	8.8	12:35	1.9	1:21	1.0	5:57	5:36	☾
11	Thu	7:53	9.8	8:28	9.0	1:33	1.8	2:13	0.9	5:55	5:37	☾
12	Fri	8:42	9.9	9:13	9.2	2:24	1.6	2:59	0.8	5:53	5:38	☾
13	Sat	9:27	10.0	9:54	9.5	3:09	1.3	3:39	0.7	5:51	5:39	☾
14	Sun	11:07	10.1	11:30	9.7	4:50	1.1	5:16	0.6	6:50	6:41	☾
15	Mon	11:43	10.1			5:28	0.8	5:49	0.6	6:48	6:42	☾
16	Tue	12:02	9.9	12:16	10.0	6:03	0.6	6:21	0.7	6:46	6:43	☾
17	Wed	12:30	10.0	12:47	9.9	6:38	0.5	6:53	0.8	6:44	6:44	☾
18	Thu	12:58	10.1	1:20	9.8	7:14	0.4	7:26	0.9	6:42	6:46	☾
19	Fri	1:29	10.2	1:56	9.7	7:52	0.4	8:02	1.0	6:41	6:47	☾
20	Sat	2:07	10.3	2:38	9.5	8:33	0.4	8:43	1.2	6:39	6:48	☾
21	Sun	2:50	10.3	3:25	9.3	9:20	0.4	9:30	1.4	6:37	6:49	☾
22	Mon	3:39	10.3	4:20	9.1	10:14	0.5	10:25	1.5	6:35	6:51	☾
23	Tue	4:35	10.3	5:23	9.0	11:14	0.5	11:27	1.5	6:33	6:52	☾
24	Wed	5:39	10.3	6:32	9.2			12:19	0.3	6:31	6:53	☾
25	Thu	6:49	10.5	7:42	9.6	12:34	1.3	1:24	0.1	6:30	6:54	☾
26	Fri	7:59	10.9	8:45	10.2	1:42	0.8	2:26	-0.3	6:28	6:55	☾
27	Sat	9:04	11.3	9:41	10.9	2:46	0.2	3:23	-0.7	6:26	6:57	☉
28	Sun	10:03	11.6	10:33	11.5	3:46	-0.5	4:16	-1.0	6:24	6:58	☉
29	Mon	10:58	11.8	11:23	12.0	4:41	-1.1	5:07	-1.2	6:22	6:59	☉
30	Tue	11:51	11.8			5:34	-1.5	5:55	-1.1	6:20	7:00	☉
31	Wed	12:11	12.2	12:42	11.6	6:25	-1.6	6:43	-0.8	6:19	7:02	☉