

































## Rockland, ME - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:36	9.9	3:16	9.1	9:00	0.6	9:11	1.7	4:57	8:23	
2	Fri	3:15	9.6	3:54	9.1	9:39	0.9	9:56	1.7	4:57	8:23	
3	Sat	3:58	9.3	4:34	9.2	10:20	1.1	10:45	1.7	4:58	8:23	
4	Sun	4:45	9.0	5:18	9.3	11:04	1.4	11:37	1.7	4:58	8:22	
5	Mon	5:37	8.7	6:06	9.4	11:51	1.6			4:59	8:22	
6	Tue	6:34	8.6	6:56	9.6	12:31	1.5	12:41	1.7	5:00	8:22	
7	Wed	7:33	8.6	7:48	10.0	1:27	1.2	1:33	1.6	5:00	8:21	
8	Thu	8:31	8.8	8:41	10.4	2:22	0.8	2:26	1.5	5:01	8:21	
9	Fri	9:26	9.1	9:33	10.9	3:15	0.3	3:18	1.2	5:02	8:20	
10	Sat	10:19	9.4	10:24	11.4	4:07	-0.2	4:10	0.8	5:03	8:20	
11	Sun	11:09	9.9	11:15	11.8	4:57	-0.7	5:01	0.4	5:03	8:19	
12	Mon	11:58	10.3			5:46	-1.1	5:53	0.0	5:04	8:19	
13	Tue	12:06	12.1	12:48	10.7	6:35	-1.4	6:45	-0.3	5:05	8:18	
14	Wed	12:57	12.2	1:38	11.0	7:24	-1.6	7:39	-0.5	5:06	8:18	
15	Thu	1:51	12.1	2:30	11.2	8:14	-1.5	8:34	-0.5	5:07	8:17	
16	Fri	2:46	11.7	3:23	11.3	9:06	-1.2	9:33	-0.5	5:08	8:16	
17	Sat	3:44	11.2	4:20	11.3	9:59	-0.8	10:33	-0.3	5:09	8:16	
18	Sun	4:47	10.6	5:19	11.2	10:55	-0.3	11:37	-0.2	5:10	8:15	
19	Mon	5:53	10.1	6:21	11.1	11:54	0.2			5:11	8:14	
20	Tue	6:59	9.7	7:22	11.0	12:42	-0.1	12:56	0.6	5:11	8:13	
21	Wed	8:03	9.5	8:22	11.0	1:47	0.0	1:57	0.9	5:12	8:12	
22	Thu	9:03	9.4	9:18	10.9	2:48	0.0	2:56	1.0	5:13	8:11	
23	Fri	9:58	9.4	10:10	10.9	3:44	0.0	3:50	1.1	5:14	8:10	
24	Sat	10:49	9.4	10:58	10.8	4:35	-0.1	4:39	1.1	5:15	8:09	
25	Sun	11:35	9.4	11:42	10.7	5:20	0.0	5:24	1.1	5:16	8:08	
26	Mon			12:16	9.4	6:02	0.0	6:05	1.2	5:18	8:07	
27	Tue	12:21	10.6	12:55	9.4	6:39	0.2	6:43	1.2	5:19	8:06	
28	Wed	12:57	10.4	1:30	9.4	7:14	0.3	7:20	1.2	5:20	8:05	
29	Thu	1:31	10.1	2:01	9.4	7:48	0.5	7:57	1.3	5:21	8:04	
30	Fri	2:03	9.9	2:32	9.4	8:22	0.7	8:36	1.3	5:22	8:03	
31	Sat	2:38	9.6	3:05	9.4	8:57	1.0	9:17	1.4	5:23	8:02	