

































## Rockland, ME - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:18	9.3	3:42	9.4	9:35	1.2	10:03	1.4	5:24	8:01	
2	Mon	4:02	9.0	4:26	9.5	10:17	1.5	10:53	1.4	5:25	7:59	
3	Tue	4:53	8.7	5:15	9.6	11:04	1.7	11:48	1.3	5:26	7:58	
4	Wed	5:49	8.6	6:10	9.7	11:57	1.8			5:27	7:57	
5	Thu	6:51	8.6	7:09	10.0	12:47	1.1	12:54	1.7	5:28	7:55	
6	Fri	7:56	8.8	8:09	10.5	1:47	0.8	1:53	1.5	5:30	7:54	
7	Sat	8:57	9.2	9:08	11.0	2:46	0.2	2:51	1.0	5:31	7:53	
8	Sun	9:53	9.7	10:04	11.6	3:41	-0.3	3:48	0.5	5:32	7:51	
9	Mon	10:46	10.3	10:58	12.1	4:33	-0.9	4:42	-0.1	5:33	7:50	
10	Tue	11:36	10.9	11:50	12.3	5:23	-1.4	5:36	-0.6	5:34	7:48	
11	Wed			12:26	11.4	6:13	-1.6	6:29	-1.0	5:35	7:47	
12	Thu	12:43	12.4	1:15	11.7	7:01	-1.7	7:22	-1.2	5:36	7:46	
13	Fri	1:36	12.1	2:06	11.9	7:51	-1.5	8:17	-1.2	5:37	7:44	
14	Sat	2:31	11.7	2:58	11.8	8:42	-1.1	9:14	-1.0	5:39	7:43	
15	Sun	3:28	11.1	3:54	11.6	9:35	-0.5	10:13	-0.6	5:40	7:41	
16	Mon	4:29	10.4	4:54	11.2	10:31	0.1	11:16	-0.2	5:41	7:39	
17	Tue	5:34	9.8	5:57	10.9	11:31	0.7			5:42	7:38	
18	Wed	6:40	9.4	7:01	10.6	12:21	0.1	12:34	1.1	5:43	7:36	
19	Thu	7:44	9.2	8:02	10.5	1:26	0.3	1:38	1.3	5:44	7:35	
20	Fri	8:43	9.2	8:59	10.5	2:27	0.4	2:38	1.3	5:45	7:33	
21	Sat	9:37	9.3	9:50	10.5	3:23	0.3	3:32	1.3	5:47	7:31	
22	Sun	10:25	9.4	10:37	10.5	4:12	0.3	4:19	1.2	5:48	7:30	
23	Mon	11:08	9.5	11:19	10.4	4:55	0.3	5:02	1.1	5:49	7:28	
24	Tue	11:48	9.6	11:57	10.3	5:33	0.3	5:41	1.0	5:50	7:26	
25	Wed			12:23	9.7	6:08	0.4	6:17	0.9	5:51	7:25	
26	Thu	12:31	10.2	12:54	9.7	6:41	0.5	6:52	0.9	5:52	7:23	
27	Fri	1:03	10.0	1:21	9.7	7:12	0.7	7:27	0.9	5:53	7:21	
28	Sat	1:33	9.7	1:49	9.7	7:44	0.9	8:04	0.9	5:55	7:20	
29	Sun	2:07	9.5	2:22	9.7	8:18	1.1	8:43	1.0	5:56	7:18	
30	Mon	2:45	9.2	3:01	9.7	8:55	1.4	9:27	1.0	5:57	7:16	
31	Tue	3:29	9.0	3:45	9.7	9:38	1.6	10:16	1.1	5:58	7:14	