

































Rockland, ME - Oct 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:54	8.8	5:09	10.0	10:59	1.7	11:48	0.6	6:34	6:17	
2	Sat	6:00	9.0	6:15	10.2			12:04	1.5	6:35	6:16	
3	Sun	7:08	9.4	7:24	10.5	12:52	0.3	1:10	1.1	6:36	6:14	
4	Mon	8:11	10.0	8:30	11.0	1:53	-0.1	2:14	0.4	6:37	6:12	
5	Tue	9:08	10.7	9:30	11.4	2:50	-0.5	3:14	-0.3	6:38	6:10	
6	Wed	10:00	11.4	10:26	11.7	3:44	-0.9	4:10	-1.0	6:40	6:08	
7	Thu	10:50	12.0	11:20	11.8	4:35	-1.1	5:04	-1.5	6:41	6:07	
8	Fri	11:39	12.4			5:25	-1.1	5:56	-1.8	6:42	6:05	
9	Sat	12:12	11.7	12:28	12.4	6:13	-0.9	6:48	-1.8	6:43	6:03	
10	Sun	1:04	11.3	1:17	12.2	7:03	-0.6	7:40	-1.6	6:45	6:01	
11	Mon	1:57	10.9	2:08	11.8	7:53	-0.1	8:32	-1.1	6:46	5:59	
12	Tue	2:51	10.3	3:01	11.3	8:45	0.5	9:27	-0.5	6:47	5:58	
13	Wed	3:48	9.8	3:59	10.7	9:40	1.0	10:25	0.0	6:48	5:56	
14	Thu	4:48	9.3	5:00	10.2	10:39	1.5	11:24	0.5	6:50	5:54	
15	Fri	5:49	9.1	6:02	9.8	11:41	1.8			6:51	5:53	
16	Sat	6:48	9.0	7:03	9.6	12:24	0.8	12:43	1.8	6:52	5:51	
17	Sun	7:43	9.1	7:59	9.5	1:21	1.0	1:42	1.7	6:53	5:49	
18	Mon	8:33	9.3	8:50	9.6	2:13	1.0	2:34	1.5	6:55	5:48	
19	Tue	9:18	9.6	9:37	9.6	3:00	1.0	3:22	1.2	6:56	5:46	
20	Wed	9:59	9.8	10:20	9.7	3:41	0.9	4:05	0.9	6:57	5:44	
21	Thu	10:36	10.0	10:59	9.7	4:20	0.9	4:44	0.6	6:58	5:43	
22	Fri	11:09	10.2	11:36	9.6	4:55	1.0	5:21	0.4	7:00	5:41	
23	Sat	11:39	10.3			5:30	1.0	5:58	0.2	7:01	5:40	
24	Sun	12:09	9.6	12:09	10.4	6:04	1.1	6:34	0.1	7:02	5:38	
25	Mon	12:43	9.5	12:43	10.5	6:39	1.2	7:12	0.1	7:04	5:36	
26	Tue	1:19	9.4	1:21	10.5	7:17	1.3	7:54	0.1	7:05	5:35	
27	Wed	2:00	9.3	2:04	10.5	7:59	1.4	8:39	0.2	7:06	5:33	
28	Thu	2:46	9.2	2:53	10.4	8:46	1.5	9:30	0.2	7:07	5:32	
29	Fri	3:39	9.2	3:48	10.3	9:41	1.5	10:26	0.2	7:09	5:31	
30	Sat	4:38	9.3	4:50	10.3	10:42	1.4	11:26	0.2	7:10	5:29	
31	Sun	5:43	9.5	5:57	10.3	11:48	1.2			7:11	5:28	