































## Rockland, ME - Nov 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:53	10.2	4:05	11.1	9:46	0.6	10:30	-0.4	7:12	5:27	
2	Wed	4:55	9.9	5:09	10.5	10:50	1.0	11:31	0.0	7:14	5:25	
3	Thu	5:56	9.7	6:13	10.1	11:54	1.2			7:15	5:24	
4	Fri	6:55	9.7	7:14	9.9	12:31	0.4	12:58	1.2	7:16	5:23	
5	Sat	7:50	9.8	8:11	9.7	1:28	0.6	1:57	1.1	7:18	5:21	
6	Sun	7:40	10.0	8:03	9.6	1:20	0.8	1:50	0.9	6:19	4:20	
7	Mon	8:26	10.1	8:51	9.6	2:07	0.9	2:38	0.7	6:20	4:19	
8	Tue	9:08	10.2	9:35	9.5	2:50	1.0	3:21	0.5	6:22	4:18	
9	Wed	9:47	10.3	10:16	9.5	3:29	1.1	4:00	0.4	6:23	4:16	
10	Thu	10:22	10.3	10:54	9.4	4:06	1.2	4:38	0.3	6:24	4:15	
11	Fri	10:53	10.3	11:29	9.3	4:41	1.3	5:14	0.3	6:26	4:14	
12	Sat	11:23	10.3			5:16	1.4	5:50	0.3	6:27	4:13	
13	Sun	12:02	9.2	11:55 AM	10.2	5:51	1.5	6:27	0.3	6:28	4:12	
14	Mon	12:35	9.1	12:32	10.2	6:29	1.6	7:06	0.4	6:30	4:11	
15	Tue	1:13	9.0	1:13	10.2	7:10	1.7	7:48	0.4	6:31	4:10	
16	Wed	1:55	9.0	1:59	10.1	7:55	1.7	8:35	0.4	6:32	4:09	
17	Thu	2:43	9.1	2:51	10.0	8:47	1.7	9:25	0.5	6:34	4:08	
18	Fri	3:37	9.3	3:48	10.0	9:44	1.5	10:20	0.4	6:35	4:07	
19	Sat	4:34	9.6	4:50	10.0	10:46	1.2	11:17	0.3	6:36	4:06	
20	Sun	5:33	10.1	5:56	10.1	11:49	0.7			6:37	4:06	
21	Mon	6:32	10.7	7:02	10.3	12:14	0.1	12:52	0.0	6:39	4:05	
22	Tue	7:29	11.3	8:04	10.6	1:11	-0.1	1:51	-0.6	6:40	4:04	
23	Wed	8:25	11.9	9:04	10.8	2:07	-0.3	2:49	-1.3	6:41	4:03	
24	Thu	9:18	12.4	10:00	11.0	3:01	-0.4	3:44	-1.7	6:42	4:03	
25	Fri	10:11	12.6	10:54	11.0	3:55	-0.5	4:38	-2.0	6:44	4:02	
26	Sat	11:04	12.7	11:48	11.0	4:48	-0.5	5:31	-2.0	6:45	4:01	
27	Sun	11:57	12.5			5:40	-0.3	6:23	-1.8	6:46	4:01	
28	Mon	12:42	10.8	12:50	12.1	6:34	0.0	7:16	-1.4	6:47	4:00	
29	Tue	1:36	10.5	1:44	11.5	7:28	0.3	8:09	-0.9	6:48	4:00	
30	Wed	2:31	10.2	2:40	10.9	8:24	0.7	9:02	-0.3	6:50	4:00	