

































Rockland, ME - Jan 2012

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:32	9.7	4:53	9.0	10:39	1.4	10:55	1.3	7:11	4:08	
2	Mon	5:24	9.6	5:51	8.8	11:35	1.5	11:47	1.5	7:11	4:09	
3	Tue	6:16	9.6	6:47	8.6			12:31	1.4	7:11	4:10	
4	Wed	7:06	9.7	7:41	8.6	12:38	1.7	1:24	1.2	7:11	4:11	
5	Thu	7:54	9.9	8:31	8.8	1:29	1.7	2:14	0.9	7:11	4:12	
6	Fri	8:39	10.1	9:17	8.9	2:16	1.6	3:00	0.6	7:11	4:13	
7	Sat	9:20	10.4	9:59	9.1	3:01	1.5	3:43	0.3	7:11	4:14	
8	Sun	9:59	10.6	10:37	9.4	3:43	1.3	4:23	0.1	7:10	4:15	
9	Mon	10:35	10.8	11:14	9.6	4:24	1.1	5:02	-0.2	7:10	4:16	
10	Tue	11:13	11.0	11:50	9.9	5:04	0.9	5:40	-0.4	7:10	4:17	
11	Wed	11:52	11.1			5:46	0.6	6:20	-0.5	7:09	4:18	
12	Thu	12:28	10.1	12:35	11.2	6:29	0.4	7:01	-0.6	7:09	4:19	
13	Fri	1:10	10.4	1:21	11.0	7:16	0.3	7:46	-0.5	7:09	4:20	
14	Sat	1:55	10.6	2:12	10.8	8:07	0.2	8:34	-0.4	7:08	4:21	
15	Sun	2:46	10.8	3:07	10.4	9:03	0.1	9:26	-0.1	7:08	4:23	
16	Mon	3:41	10.9	4:10	10.1	10:04	0.1	10:24	0.2	7:07	4:24	
17	Tue	4:42	11.0	5:20	9.8	11:09	0.0	11:26	0.4	7:07	4:25	
18	Wed	5:48	11.1	6:32	9.7			12:16	-0.2	7:06	4:26	
19	Thu	6:55	11.3	7:41	9.9	12:30	0.5	1:22	-0.4	7:05	4:28	
20	Fri	7:59	11.6	8:43	10.1	1:34	0.4	2:24	-0.7	7:05	4:29	
21	Sat	8:58	11.8	9:39	10.4	2:35	0.3	3:22	-1.0	7:04	4:30	
22	Sun	9:52	11.9	10:31	10.5	3:31	0.1	4:14	-1.2	7:03	4:32	
23	Mon	10:43	11.9	11:20	10.6	4:24	0.0	5:03	-1.2	7:02	4:33	
24	Tue	11:31	11.7			5:14	0.0	5:49	-1.0	7:02	4:34	
25	Wed	12:06	10.6	12:17	11.4	6:01	0.1	6:32	-0.7	7:01	4:36	
26	Thu	12:49	10.5	1:00	10.9	6:46	0.3	7:13	-0.3	7:00	4:37	
27	Fri	1:31	10.3	1:43	10.4	7:30	0.5	7:54	0.2	6:59	4:38	
28	Sat	2:12	10.1	2:26	9.8	8:15	0.8	8:35	0.7	6:58	4:40	
29	Sun	2:54	9.8	3:11	9.3	9:01	1.1	9:18	1.1	6:57	4:41	
30	Mon	3:37	9.6	4:01	8.9	9:51	1.3	10:04	1.5	6:56	4:42	
31	Tue	4:25	9.4	4:57	8.5	10:45	1.5	10:55	1.8	6:55	4:44	