

































## Rockland, ME - Jan 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:59	9.5	1:01	10.3	6:59	1.2	7:30	0.2	7:11	4:08	
2	Wed	1:36	9.6	1:43	10.2	7:42	1.2	8:10	0.3	7:11	4:09	
3	Thu	2:18	9.8	2:30	10.0	8:29	1.1	8:55	0.4	7:11	4:10	
4	Fri	3:05	10.0	3:22	9.8	9:21	1.0	9:44	0.5	7:11	4:11	
5	Sat	3:56	10.2	4:21	9.7	10:19	0.8	10:39	0.6	7:11	4:12	
6	Sun	4:53	10.5	5:25	9.6	11:22	0.5	11:38	0.6	7:11	4:13	
7	Mon	5:55	10.8	6:34	9.7			12:26	0.1	7:10	4:14	
8	Tue	6:58	11.3	7:42	10.0	12:40	0.4	1:29	-0.5	7:10	4:15	
9	Wed	8:01	11.8	8:46	10.4	1:41	0.2	2:30	-1.0	7:10	4:17	
10	Thu	9:00	12.2	9:44	10.8	2:41	-0.1	3:27	-1.5	7:10	4:18	
11	Fri	9:57	12.5	10:39	11.1	3:38	-0.4	4:22	-1.8	7:09	4:19	
12	Sat	10:52	12.7	11:32	11.3	4:34	-0.7	5:15	-2.0	7:09	4:20	
13	Sun	11:45	12.6			5:28	-0.8	6:05	-1.9	7:08	4:21	
14	Mon	12:23	11.4	12:37	12.2	6:21	-0.7	6:55	-1.6	7:08	4:22	
15	Tue	1:14	11.3	1:29	11.7	7:13	-0.5	7:44	-1.1	7:07	4:24	
16	Wed	2:05	11.1	2:22	11.1	8:07	-0.1	8:34	-0.5	7:07	4:25	
17	Thu	2:56	10.8	3:16	10.4	9:01	0.2	9:24	0.1	7:06	4:26	
18	Fri	3:49	10.4	4:13	9.7	9:57	0.6	10:16	0.7	7:06	4:27	
19	Sat	4:44	10.2	5:12	9.2	10:56	0.9	11:11	1.2	7:05	4:29	
20	Sun	5:39	10.0	6:11	8.9	11:54	1.1			7:04	4:30	
21	Mon	6:34	9.9	7:09	8.8	12:06	1.5	12:52	1.1	7:03	4:31	
22	Tue	7:26	9.9	8:02	8.8	1:00	1.6	1:46	1.0	7:03	4:33	
23	Wed	8:16	10.0	8:51	8.9	1:51	1.6	2:35	0.8	7:02	4:34	
24	Thu	9:01	10.2	9:36	9.1	2:39	1.5	3:20	0.6	7:01	4:35	
25	Fri	9:43	10.3	10:17	9.3	3:23	1.4	4:01	0.4	7:00	4:37	
26	Sat	10:21	10.5	10:54	9.4	4:03	1.2	4:39	0.2	6:59	4:38	
27	Sun	10:55	10.6	11:27	9.6	4:41	1.1	5:14	0.1	6:58	4:39	
28	Mon	11:27	10.6	11:58	9.8	5:19	0.9	5:49	0.0	6:57	4:41	
29	Tue			12:01	10.7	5:57	0.7	6:24	-0.1	6:56	4:42	
30	Wed	12:31	10.0	12:39	10.6	6:36	0.6	7:02	-0.1	6:55	4:43	
31	Thu	1:07	10.2	1:21	10.5	7:19	0.5	7:42	0.0	6:54	4:45	