

































## Rockland, ME - Jan 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:53	9.4	4:03	9.3	9:51	1.6	10:15	1.0	7:11	4:08	
2	Sat	4:43	9.3	4:58	9.0	10:45	1.7	11:05	1.3	7:11	4:09	
3	Sun	5:34	9.4	5:55	8.8	11:41	1.6	11:56	1.5	7:11	4:10	
4	Mon	6:24	9.5	6:52	8.8			12:36	1.5	7:11	4:11	
5	Tue	7:13	9.7	7:45	8.8	12:46	1.5	1:28	1.2	7:11	4:12	
6	Wed	7:59	9.9	8:33	9.0	1:35	1.5	2:17	0.8	7:11	4:13	
7	Thu	8:42	10.3	9:18	9.2	2:22	1.4	3:03	0.4	7:11	4:14	
8	Fri	9:22	10.6	10:00	9.5	3:06	1.2	3:46	0.1	7:10	4:15	
9	Sat	10:01	10.9	10:40	9.8	3:49	0.9	4:27	-0.3	7:10	4:16	
10	Sun	10:41	11.2	11:19	10.0	4:31	0.7	5:09	-0.6	7:10	4:17	
11	Mon	11:22	11.5			5:15	0.4	5:51	-0.9	7:09	4:18	
12	Tue	12:01	10.3	12:06	11.6	6:00	0.2	6:35	-1.0	7:09	4:19	
13	Wed	12:45	10.6	12:54	11.6	6:47	0.1	7:21	-1.0	7:09	4:20	
14	Thu	1:32	10.7	1:44	11.4	7:39	0.0	8:11	-0.9	7:08	4:21	
15	Fri	2:23	10.9	2:40	11.1	8:34	0.0	9:03	-0.7	7:08	4:23	
16	Sat	3:19	10.9	3:41	10.7	9:34	0.0	10:00	-0.4	7:07	4:24	
17	Sun	4:20	11.0	4:49	10.3	10:38	0.0	11:00	-0.1	7:07	4:25	
18	Mon	5:24	11.1	6:00	10.1	11:44	-0.1			7:06	4:26	
19	Tue	6:30	11.2	7:09	10.1	12:03	0.1	12:50	-0.3	7:05	4:28	
20	Wed	7:32	11.4	8:12	10.2	1:06	0.2	1:54	-0.6	7:05	4:29	
21	Thu	8:31	11.6	9:10	10.3	2:07	0.2	2:52	-0.8	7:04	4:30	
22	Fri	9:25	11.7	10:03	10.4	3:03	0.2	3:46	-0.9	7:03	4:32	
23	Sat	10:16	11.7	10:52	10.4	3:56	0.1	4:35	-1.0	7:02	4:33	
24	Sun	11:03	11.6	11:38	10.4	4:45	0.2	5:21	-0.9	7:02	4:34	
25	Mon	11:48	11.3			5:31	0.3	6:04	-0.6	7:01	4:36	
26	Tue	12:22	10.3	12:30	11.0	6:14	0.5	6:45	-0.3	7:00	4:37	
27	Wed	1:03	10.1	1:10	10.6	6:56	0.7	7:24	0.0	6:59	4:38	
28	Thu	1:42	9.9	1:48	10.1	7:37	0.9	8:03	0.4	6:58	4:40	
29	Fri	2:21	9.7	2:28	9.7	8:20	1.2	8:43	0.8	6:57	4:41	
30	Sat	3:00	9.5	3:11	9.3	9:06	1.4	9:26	1.2	6:56	4:42	
31	Sun	3:42	9.4	4:00	8.9	9:56	1.5	10:13	1.5	6:55	4:44	