


































Rockland, ME - Jul 2016

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 8:44 | 10.4 | 9:06 | 11.9 | 2:29 | -0.6 | 2:44 | -0.2 | 4:57 | 8:23 |  |
| 2 | Sat | 9:46 | 10.6 | 10:03 | 12.2 | 3:29 | -1.0 | 3:42 | -0.3 | 4:57 | 8:23 |  |
| 3 | Sun | 10:44 | 10.7 | 10:58 | 12.3 | 4:26 | -1.4 | 4:38 | -0.3 | 4:58 | 8:22 |  |
| 4 | Mon | 11:39 | 10.8 | 11:51 | 12.3 | 5:21 | -1.6 | 5:31 | -0.3 | 4:59 | 8:22 |  |
| 5 | Tue | | | 12:31 | 10.8 | 6:13 | -1.6 | 6:23 | -0.2 | 4:59 | 8:22 |  |
| 6 | Wed | 12:42 | 12.1 | 1:21 | 10.7 | 7:03 | -1.4 | 7:14 | 0.0 | 5:00 | 8:22 |  |
| 7 | Thu | 1:31 | 11.7 | 2:11 | 10.5 | 7:51 | -1.1 | 8:04 | 0.3 | 5:01 | 8:21 |  |
| 8 | Fri | 2:20 | 11.3 | 2:59 | 10.3 | 8:38 | -0.7 | 8:54 | 0.6 | 5:02 | 8:21 |  |
| 9 | Sat | 3:09 | 10.7 | 3:48 | 10.0 | 9:25 | -0.2 | 9:44 | 0.9 | 5:02 | 8:20 |  |
| 10 | Sun | 3:58 | 10.2 | 4:37 | 9.8 | 10:12 | 0.3 | 10:36 | 1.2 | 5:03 | 8:20 |  |
| 11 | Mon | 4:50 | 9.7 | 5:26 | 9.6 | 11:00 | 0.7 | 11:29 | 1.4 | 5:04 | 8:19 |  |
| 12 | Tue | 5:44 | 9.2 | 6:17 | 9.6 | 11:49 | 1.1 | | | 5:05 | 8:19 |  |
| 13 | Wed | 6:40 | 9.0 | 7:08 | 9.6 | 12:24 | 1.4 | 12:39 | 1.4 | 5:06 | 8:18 |  |
| 14 | Thu | 7:36 | 8.8 | 7:58 | 9.7 | 1:19 | 1.4 | 1:30 | 1.5 | 5:06 | 8:17 |  |
| 15 | Fri | 8:29 | 8.8 | 8:45 | 9.9 | 2:12 | 1.2 | 2:20 | 1.5 | 5:07 | 8:17 |  |
| 16 | Sat | 9:19 | 8.9 | 9:30 | 10.1 | 3:02 | 1.0 | 3:07 | 1.5 | 5:08 | 8:16 |  |
| 17 | Sun | 10:06 | 9.1 | 10:12 | 10.3 | 3:49 | 0.7 | 3:52 | 1.4 | 5:09 | 8:15 |  |
| 18 | Mon | 10:49 | 9.2 | 10:51 | 10.6 | 4:32 | 0.4 | 4:35 | 1.2 | 5:10 | 8:14 |  |
| 19 | Tue | 11:28 | 9.5 | 11:28 | 10.8 | 5:14 | 0.1 | 5:17 | 1.0 | 5:11 | 8:14 |  |
| 20 | Wed | | | 12:06 | 9.7 | 5:54 | -0.2 | 5:58 | 0.8 | 5:12 | 8:13 |  |
| 21 | Thu | 12:07 | 11.0 | 12:44 | 10.0 | 6:34 | -0.4 | 6:41 | 0.5 | 5:13 | 8:12 |  |
| 22 | Fri | 12:47 | 11.2 | 1:24 | 10.2 | 7:15 | -0.6 | 7:26 | 0.3 | 5:14 | 8:11 |  |
| 23 | Sat | 1:31 | 11.2 | 2:07 | 10.5 | 7:58 | -0.7 | 8:14 | 0.2 | 5:15 | 8:10 |  |
| 24 | Sun | 2:18 | 11.2 | 2:54 | 10.7 | 8:44 | -0.7 | 9:05 | 0.1 | 5:16 | 8:09 |  |
| 25 | Mon | 3:10 | 11.0 | 3:46 | 10.8 | 9:33 | -0.5 | 10:01 | 0.0 | 5:17 | 8:08 |  |
| 26 | Tue | 4:06 | 10.7 | 4:42 | 10.9 | 10:27 | -0.3 | 11:02 | 0.0 | 5:18 | 8:07 |  |
| 27 | Wed | 5:09 | 10.4 | 5:43 | 11.1 | 11:24 | -0.1 | | | 5:19 | 8:06 |  |
| 28 | Thu | 6:18 | 10.2 | 6:48 | 11.2 | 12:06 | -0.1 | 12:25 | 0.1 | 5:20 | 8:05 |  |
| 29 | Fri | 7:28 | 10.1 | 7:53 | 11.4 | 1:12 | -0.3 | 1:28 | 0.2 | 5:21 | 8:03 |  |
| 30 | Sat | 8:35 | 10.2 | 8:55 | 11.6 | 2:16 | -0.5 | 2:30 | 0.1 | 5:22 | 8:02 |  |
| 31 | Sun | 9:36 | 10.3 | 9:53 | 11.8 | 3:18 | -0.8 | 3:30 | 0.1 | 5:23 | 8:01 |  |