

































## Rockland, ME - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:13	10.1	7:52	9.1	12:51	1.5	1:36	0.7	6:13	5:24	
2	Sat	8:08	10.1	8:44	9.2	1:48	1.5	2:29	0.6	6:11	5:25	
3	Sun	8:57	10.2	9:31	9.3	2:39	1.5	3:16	0.5	6:09	5:26	
4	Mon	9:42	10.3	10:13	9.4	3:24	1.3	3:58	0.4	6:08	5:28	
5	Tue	10:23	10.3	10:51	9.6	4:05	1.2	4:36	0.4	6:06	5:29	
6	Wed	10:59	10.3	11:25	9.7	4:43	1.0	5:11	0.4	6:04	5:30	
7	Thu	11:32	10.3	11:55	9.7	5:19	0.9	5:43	0.4	6:02	5:31	
8	Fri			12:02	10.2	5:53	0.8	6:15	0.5	6:01	5:33	
9	Sat	12:22	9.8	12:33	10.0	6:28	0.7	6:48	0.6	5:59	5:34	
10	Sun	12:51	9.9	2:08	9.9	8:05	0.7	8:23	0.8	6:57	6:35	
11	Mon	2:26	10.0	2:49	9.7	8:46	0.7	9:02	1.0	6:55	6:37	
12	Tue	3:07	10.0	3:35	9.5	9:31	0.7	9:46	1.2	6:54	6:38	
13	Wed	3:53	10.1	4:27	9.3	10:22	0.7	10:37	1.3	6:52	6:39	
14	Thu	4:46	10.1	5:27	9.1	11:21	0.6	11:36	1.4	6:50	6:40	
15	Fri	5:46	10.2	6:34	9.2			12:24	0.5	6:48	6:42	
16	Sat	6:52	10.5	7:45	9.5	12:40	1.3	1:30	0.1	6:46	6:43	
17	Sun	8:01	10.9	8:51	10.0	1:46	1.0	2:33	-0.4	6:44	6:44	
18	Mon	9:06	11.4	9:50	10.6	2:49	0.4	3:32	-0.9	6:43	6:45	
19	Tue	10:07	11.9	10:44	11.2	3:49	-0.2	4:27	-1.3	6:41	6:47	
20	Wed	11:03	12.2	11:36	11.7	4:46	-0.8	5:19	-1.6	6:39	6:48	
21	Thu	11:56	12.4			5:40	-1.3	6:09	-1.7	6:37	6:49	
22	Fri	12:25	12.0	12:48	12.2	6:32	-1.5	6:58	-1.5	6:35	6:50	
23	Sat	1:13	12.1	1:40	11.8	7:24	-1.5	7:46	-1.1	6:34	6:52	
24	Sun	2:02	11.9	2:32	11.3	8:15	-1.3	8:35	-0.5	6:32	6:53	
25	Mon	2:52	11.6	3:26	10.6	9:08	-0.8	9:26	0.2	6:30	6:54	
26	Tue	3:44	11.1	4:23	10.0	10:03	-0.3	10:19	0.8	6:28	6:55	
27	Wed	4:39	10.5	5:23	9.4	11:00	0.2	11:17	1.4	6:26	6:56	
28	Thu	5:39	10.1	6:25	9.1			12:01	0.6	6:24	6:58	
29	Fri	6:40	9.8	7:25	8.9	12:17	1.7	1:02	0.9	6:23	6:59	
30	Sat	7:40	9.7	8:20	9.0	1:18	1.9	2:00	1.0	6:21	7:00	
31	Sun	8:35	9.7	9:11	9.1	2:16	1.8	2:53	0.9	6:19	7:01	