
































## Rockland, ME - Jun 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:19	9.5	10:27	10.5	4:06	0.5	4:15	0.9	4:56	8:12	
2	Sun	11:00	9.7	11:05	10.9	4:49	0.1	4:56	0.8	4:55	8:13	
3	Mon	11:42	9.8	11:45	11.2	5:32	-0.3	5:37	0.7	4:55	8:14	
4	Tue			12:25	10.0	6:15	-0.6	6:21	0.6	4:54	8:14	
5	Wed	12:28	11.4	1:11	10.1	7:01	-0.9	7:08	0.6	4:54	8:15	
6	Thu	1:15	11.5	2:00	10.1	7:49	-1.0	7:58	0.6	4:53	8:16	
7	Fri	2:05	11.5	2:53	10.1	8:40	-1.0	8:52	0.6	4:53	8:16	
8	Sat	3:00	11.4	3:51	10.2	9:34	-0.9	9:51	0.6	4:53	8:17	
9	Sun	3:59	11.1	4:52	10.3	10:31	-0.7	10:54	0.6	4:53	8:18	
10	Mon	5:04	10.9	5:56	10.5	11:31	-0.6			4:52	8:18	
11	Tue	6:13	10.7	6:58	10.8	12:00	0.5	12:32	-0.4	4:52	8:19	
12	Wed	7:21	10.5	7:57	11.1	1:06	0.2	1:31	-0.3	4:52	8:19	
13	Thu	8:25	10.5	8:54	11.4	2:10	-0.1	2:29	-0.2	4:52	8:20	
14	Fri	9:25	10.4	9:47	11.6	3:09	-0.5	3:24	-0.1	4:52	8:20	
15	Sat	10:21	10.4	10:37	11.6	4:05	-0.7	4:16	0.1	4:52	8:21	
16	Sun	11:13	10.3	11:24	11.6	4:57	-0.8	5:05	0.3	4:52	8:21	
17	Mon			12:02	10.1	5:45	-0.8	5:52	0.6	4:52	8:22	
18	Tue	12:09	11.4	12:49	9.9	6:31	-0.7	6:36	0.9	4:52	8:22	
19	Wed	12:52	11.1	1:33	9.7	7:14	-0.4	7:19	1.1	4:52	8:22	
20	Thu	1:33	10.7	2:17	9.4	7:57	-0.1	8:01	1.4	4:52	8:23	
21	Fri	2:14	10.4	2:59	9.2	8:39	0.2	8:45	1.6	4:53	8:23	
22	Sat	2:54	10.0	3:42	9.0	9:21	0.5	9:30	1.8	4:53	8:23	
23	Sun	3:36	9.7	4:26	8.9	10:04	0.8	10:18	1.9	4:53	8:23	
24	Mon	4:22	9.4	5:12	9.0	10:49	1.0	11:09	2.0	4:53	8:23	
25	Tue	5:13	9.1	5:59	9.1	11:36	1.2			4:54	8:23	
26	Wed	6:07	9.0	6:46	9.2	12:03	1.9	12:24	1.3	4:54	8:23	
27	Thu	7:03	8.9	7:33	9.5	12:57	1.7	1:13	1.3	4:55	8:23	
28	Fri	7:58	8.9	8:19	9.9	1:50	1.3	2:01	1.3	4:55	8:23	
29	Sat	8:51	9.1	9:04	10.3	2:41	0.9	2:49	1.2	4:55	8:23	
30	Sun	9:41	9.3	9:49	10.8	3:30	0.4	3:36	1.0	4:56	8:23	