
































Rockland, ME - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:29	9.6	10:35	11.2	4:18	-0.1	4:23	0.8	4:57	8:23	
2	Tue	11:17	9.9	11:22	11.6	5:06	-0.6	5:11	0.5	4:57	8:23	
3	Wed			12:05	10.2	5:54	-1.0	6:00	0.3	4:58	8:23	
4	Thu	12:10	11.9	12:54	10.4	6:42	-1.3	6:50	0.1	4:58	8:22	
5	Fri	1:00	12.0	1:45	10.6	7:32	-1.4	7:43	0.0	4:59	8:22	
6	Sat	1:53	12.0	2:39	10.7	8:24	-1.4	8:39	0.0	5:00	8:22	
7	Sun	2:49	11.8	3:35	10.8	9:17	-1.3	9:38	0.0	5:00	8:21	
8	Mon	3:49	11.4	4:34	10.9	10:13	-1.0	10:40	0.0	5:01	8:21	
9	Tue	4:53	11.0	5:35	11.0	11:11	-0.7	11:44	0.0	5:02	8:21	
10	Wed	5:59	10.6	6:36	11.1			12:10	-0.3	5:03	8:20	
11	Thu	7:06	10.3	7:36	11.2	12:50	0.0	1:10	0.0	5:03	8:20	
12	Fri	8:10	10.1	8:34	11.2	1:54	-0.1	2:09	0.3	5:04	8:19	
13	Sat	9:10	9.9	9:28	11.3	2:54	-0.3	3:05	0.5	5:05	8:18	
14	Sun	10:05	9.9	10:19	11.2	3:50	-0.4	3:58	0.6	5:06	8:18	
15	Mon	10:57	9.8	11:07	11.1	4:41	-0.4	4:48	0.8	5:07	8:17	
16	Tue	11:44	9.7	11:51	11.0	5:28	-0.4	5:33	0.9	5:08	8:16	
17	Wed			12:28	9.6	6:12	-0.3	6:15	1.1	5:08	8:16	
18	Thu	12:32	10.8	1:10	9.5	6:52	-0.1	6:55	1.2	5:09	8:15	
19	Fri	1:10	10.5	1:49	9.3	7:31	0.1	7:34	1.4	5:10	8:14	
20	Sat	1:46	10.3	2:25	9.2	8:08	0.3	8:13	1.5	5:11	8:13	
21	Sun	2:21	10.0	3:00	9.2	8:45	0.6	8:54	1.6	5:12	8:12	
22	Mon	2:58	9.7	3:36	9.1	9:23	0.8	9:38	1.7	5:13	8:11	
23	Tue	3:39	9.4	4:15	9.2	10:04	1.0	10:25	1.7	5:14	8:11	
24	Wed	4:24	9.2	4:59	9.2	10:47	1.2	11:16	1.6	5:15	8:10	
25	Thu	5:15	9.0	5:46	9.4	11:34	1.4			5:16	8:09	
26	Fri	6:11	8.8	6:37	9.6	12:10	1.5	12:24	1.5	5:17	8:08	
27	Sat	7:10	8.8	7:30	10.0	1:06	1.2	1:17	1.4	5:18	8:07	
28	Sun	8:09	9.0	8:24	10.4	2:02	0.8	2:10	1.3	5:19	8:05	
29	Mon	9:07	9.3	9:18	10.9	2:57	0.3	3:04	1.0	5:21	8:04	
30	Tue	10:02	9.7	10:10	11.5	3:50	-0.3	3:57	0.6	5:22	8:03	
31	Wed	10:54	10.1	11:02	11.9	4:42	-0.8	4:49	0.2	5:23	8:02	