

































## Rockland, ME - Aug 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:45	10.6	11:54	12.3	5:32	-1.3	5:41	-0.2	5:24	8:01	
2	Fri			12:36	10.9	6:22	-1.6	6:34	-0.5	5:25	8:00	
3	Sat	12:47	12.4	1:27	11.2	7:13	-1.8	7:28	-0.7	5:26	7:58	
4	Sun	1:41	12.3	2:19	11.4	8:04	-1.7	8:23	-0.7	5:27	7:57	
5	Mon	2:36	12.0	3:14	11.4	8:56	-1.4	9:21	-0.6	5:28	7:56	
6	Tue	3:35	11.5	4:11	11.3	9:50	-1.0	10:22	-0.4	5:29	7:54	
7	Wed	4:37	10.9	5:10	11.2	10:47	-0.4	11:25	-0.2	5:30	7:53	
8	Thu	5:43	10.4	6:12	11.0	11:47	0.1			5:32	7:52	
9	Fri	6:49	9.9	7:14	10.9	12:30	-0.1	12:48	0.5	5:33	7:50	
10	Sat	7:52	9.7	8:13	10.9	1:34	0.0	1:49	0.8	5:34	7:49	
11	Sun	8:52	9.6	9:09	10.8	2:35	0.0	2:47	1.0	5:35	7:47	
12	Mon	9:47	9.6	10:00	10.8	3:31	0.0	3:41	1.0	5:36	7:46	
13	Tue	10:37	9.6	10:48	10.8	4:22	0.0	4:30	1.0	5:37	7:44	
14	Wed	11:22	9.6	11:31	10.7	5:08	0.0	5:14	1.1	5:38	7:43	
15	Thu			12:04	9.6	5:49	0.1	5:54	1.1	5:40	7:41	
16	Fri	12:11	10.6	12:42	9.5	6:26	0.2	6:31	1.1	5:41	7:40	
17	Sat	12:46	10.4	1:17	9.5	7:01	0.3	7:07	1.1	5:42	7:38	
18	Sun	1:19	10.2	1:48	9.5	7:35	0.5	7:43	1.2	5:43	7:37	
19	Mon	1:50	10.0	2:17	9.4	8:09	0.7	8:21	1.2	5:44	7:35	
20	Tue	2:24	9.7	2:49	9.4	8:44	0.9	9:01	1.3	5:45	7:33	
21	Wed	3:02	9.5	3:26	9.5	9:21	1.1	9:45	1.3	5:46	7:32	
22	Thu	3:46	9.2	4:10	9.5	10:03	1.3	10:34	1.3	5:48	7:30	
23	Fri	4:35	9.0	4:58	9.6	10:50	1.5	11:28	1.2	5:49	7:28	
24	Sat	5:31	8.8	5:52	9.7	11:42	1.6			5:50	7:27	
25	Sun	6:32	8.8	6:51	10.0	12:27	1.0	12:40	1.6	5:51	7:25	
26	Mon	7:37	9.0	7:52	10.5	1:28	0.7	1:39	1.3	5:52	7:23	
27	Tue	8:40	9.4	8:53	11.0	2:28	0.1	2:38	0.9	5:53	7:22	
28	Wed	9:38	10.0	9:51	11.6	3:24	-0.4	3:36	0.3	5:54	7:20	
29	Thu	10:32	10.5	10:46	12.1	4:19	-1.0	4:31	-0.2	5:56	7:18	
30	Fri	11:24	11.1	11:40	12.4	5:10	-1.5	5:25	-0.8	5:57	7:16	
31	Sat			12:15	11.5	6:01	-1.7	6:18	-1.2	5:58	7:15	