
































Rockland, ME - Dec 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:11	9.7	2:12	10.5	7:58	1.3	8:38	0.1	6:51	3:59	
2	Mon	3:02	9.3	3:03	10.0	8:50	1.6	9:28	0.5	6:52	3:59	
3	Tue	3:55	9.1	3:58	9.5	9:44	1.9	10:20	0.8	6:53	3:58	
4	Wed	4:48	9.0	4:55	9.2	10:40	2.0	11:12	1.1	6:54	3:58	
5	Thu	5:41	9.1	5:52	9.1	11:37	1.9			6:55	3:58	
6	Fri	6:31	9.2	6:47	9.0	12:03	1.2	12:32	1.7	6:56	3:58	
7	Sat	7:18	9.5	7:38	9.1	12:52	1.2	1:24	1.4	6:57	3:58	
8	Sun	8:01	9.8	8:26	9.2	1:38	1.2	2:11	1.0	6:58	3:58	
9	Mon	8:41	10.1	9:10	9.3	2:21	1.2	2:55	0.6	6:59	3:58	
10	Tue	9:18	10.4	9:51	9.5	3:02	1.1	3:37	0.3	7:00	3:58	
11	Wed	9:54	10.7	10:30	9.6	3:42	1.0	4:18	-0.1	7:01	3:58	
12	Thu	10:30	10.9	11:09	9.7	4:22	0.9	4:59	-0.3	7:02	3:58	
13	Fri	11:09	11.1	11:50	9.8	5:02	0.9	5:41	-0.6	7:02	3:58	
14	Sat	11:52	11.3			5:45	0.8	6:25	-0.7	7:03	3:58	
15	Sun	12:34	9.9	12:38	11.3	6:31	0.8	7:12	-0.7	7:04	3:58	
16	Mon	1:23	10.0	1:28	11.2	7:22	0.7	8:03	-0.7	7:05	3:58	
17	Tue	2:15	10.0	2:23	11.1	8:17	0.7	8:57	-0.6	7:05	3:59	
18	Wed	3:13	10.1	3:24	10.8	9:17	0.7	9:54	-0.4	7:06	3:59	
19	Thu	4:14	10.3	4:31	10.6	10:21	0.6	10:54	-0.3	7:07	3:59	
20	Fri	5:18	10.6	5:41	10.4	11:28	0.4	11:55	-0.2	7:07	4:00	
21	Sat	6:21	10.9	6:49	10.3			12:34	0.0	7:08	4:00	
22	Sun	7:20	11.3	7:53	10.4	12:55	-0.1	1:37	-0.4	7:08	4:01	
23	Mon	8:16	11.6	8:52	10.4	1:52	-0.1	2:35	-0.8	7:09	4:01	
24	Tue	9:09	11.8	9:47	10.5	2:47	0.0	3:30	-1.0	7:09	4:02	
25	Wed	9:59	11.9	10:38	10.4	3:39	0.1	4:21	-1.1	7:09	4:02	
26	Thu	10:47	11.8	11:27	10.3	4:29	0.2	5:09	-1.1	7:10	4:03	
27	Fri	11:33	11.6			5:16	0.5	5:55	-0.9	7:10	4:04	
28	Sat	12:14	10.1	12:17	11.2	6:01	0.7	6:39	-0.6	7:10	4:05	
29	Sun	12:58	9.8	12:59	10.8	6:45	1.0	7:22	-0.2	7:10	4:05	
30	Mon	1:42	9.5	1:41	10.4	7:29	1.3	8:05	0.2	7:11	4:06	
31	Tue	2:26	9.3	2:24	9.9	8:14	1.6	8:49	0.6	7:11	4:07	