

































Rockland, ME - Jun 2020

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 7:20 | 10.5 | 7:59 | 10.9 | 1:11 | 0.5 | 1:38 | -0.3 | 4:55 | 8:13 |  |
| 2 | Tue | 8:26 | 10.6 | 8:56 | 11.5 | 2:13 | -0.1 | 2:35 | -0.4 | 4:55 | 8:13 |  |
| 3 | Wed | 9:28 | 10.8 | 9:50 | 11.9 | 3:13 | -0.7 | 3:30 | -0.4 | 4:54 | 8:14 |  |
| 4 | Thu | 10:26 | 10.9 | 10:42 | 12.2 | 4:10 | -1.2 | 4:23 | -0.4 | 4:54 | 8:15 |  |
| 5 | Fri | 11:21 | 10.9 | 11:33 | 12.3 | 5:04 | -1.5 | 5:16 | -0.3 | 4:54 | 8:16 |  |
| 6 | Sat | | | 12:15 | 10.8 | 5:57 | -1.6 | 6:07 | -0.1 | 4:53 | 8:16 |  |
| 7 | Sun | 12:23 | 12.2 | 1:07 | 10.6 | 6:49 | -1.5 | 6:58 | 0.2 | 4:53 | 8:17 |  |
| 8 | Mon | 1:14 | 11.9 | 1:59 | 10.3 | 7:40 | -1.3 | 7:48 | 0.5 | 4:53 | 8:18 |  |
| 9 | Tue | 2:04 | 11.5 | 2:51 | 10.0 | 8:30 | -0.8 | 8:40 | 0.9 | 4:52 | 8:18 |  |
| 10 | Wed | 2:55 | 10.9 | 3:44 | 9.6 | 9:21 | -0.4 | 9:33 | 1.3 | 4:52 | 8:19 |  |
| 11 | Thu | 3:48 | 10.4 | 4:36 | 9.4 | 10:12 | 0.1 | 10:27 | 1.6 | 4:52 | 8:19 |  |
| 12 | Fri | 4:42 | 9.9 | 5:29 | 9.3 | 11:03 | 0.5 | 11:23 | 1.7 | 4:52 | 8:20 |  |
| 13 | Sat | 5:38 | 9.5 | 6:22 | 9.2 | 11:54 | 0.9 | | | 4:52 | 8:20 |  |
| 14 | Sun | 6:34 | 9.2 | 7:12 | 9.3 | 12:20 | 1.8 | 12:45 | 1.1 | 4:52 | 8:21 |  |
| 15 | Mon | 7:29 | 9.1 | 8:00 | 9.5 | 1:15 | 1.7 | 1:34 | 1.3 | 4:52 | 8:21 |  |
| 16 | Tue | 8:22 | 9.0 | 8:45 | 9.7 | 2:08 | 1.4 | 2:21 | 1.4 | 4:52 | 8:22 |  |
| 17 | Wed | 9:12 | 9.0 | 9:27 | 9.9 | 2:57 | 1.2 | 3:05 | 1.4 | 4:52 | 8:22 |  |
| 18 | Thu | 9:58 | 9.0 | 10:06 | 10.1 | 3:43 | 0.8 | 3:48 | 1.4 | 4:52 | 8:22 |  |
| 19 | Fri | 10:42 | 9.1 | 10:43 | 10.3 | 4:26 | 0.6 | 4:29 | 1.4 | 4:52 | 8:22 |  |
| 20 | Sat | 11:22 | 9.2 | 11:19 | 10.5 | 5:07 | 0.3 | 5:09 | 1.4 | 4:53 | 8:23 |  |
| 21 | Sun | | | 12:01 | 9.3 | 5:48 | 0.0 | 5:48 | 1.3 | 4:53 | 8:23 |  |
| 22 | Mon | | | 12:40 | 9.4 | 6:28 | -0.2 | 6:30 | 1.2 | 4:53 | 8:23 |  |
| 23 | Tue | 12:36 | 10.9 | 1:20 | 9.5 | 7:10 | -0.3 | 7:13 | 1.1 | 4:53 | 8:23 |  |
| 24 | Wed | 1:19 | 11.0 | 2:04 | 9.6 | 7:54 | -0.4 | 8:00 | 1.0 | 4:54 | 8:23 |  |
| 25 | Thu | 2:06 | 11.0 | 2:51 | 9.8 | 8:40 | -0.5 | 8:51 | 0.9 | 4:54 | 8:23 |  |
| 26 | Fri | 2:56 | 10.9 | 3:43 | 10.0 | 9:30 | -0.5 | 9:46 | 0.8 | 4:54 | 8:23 |  |
| 27 | Sat | 3:52 | 10.8 | 4:39 | 10.2 | 10:22 | -0.4 | 10:46 | 0.7 | 4:55 | 8:23 |  |
| 28 | Sun | 4:52 | 10.6 | 5:37 | 10.5 | 11:18 | -0.3 | 11:49 | 0.4 | 4:55 | 8:23 |  |
| 29 | Mon | 5:57 | 10.4 | 6:38 | 10.8 | | | 12:16 | -0.2 | 4:56 | 8:23 |  |
| 30 | Tue | 7:06 | 10.2 | 7:38 | 11.2 | 12:54 | 0.1 | 1:15 | -0.1 | 4:56 | 8:23 |  |