



Rockland, ME - Jul 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:54	10.2	1:38	8.8	7:22	0.4	7:21	1.8	4:57	8:23	☀
2	Sat	1:28	10.1	2:12	8.8	7:59	0.5	7:59	1.9	4:57	8:23	☀
3	Sun	2:03	10.0	2:47	8.9	8:37	0.6	8:40	1.9	4:58	8:23	☀
4	Mon	2:43	9.9	3:25	9.0	9:16	0.7	9:25	1.8	4:58	8:22	☀
5	Tue	3:26	9.7	4:07	9.2	9:57	0.7	10:13	1.7	4:59	8:22	☀
6	Wed	4:14	9.6	4:53	9.4	10:41	0.8	11:06	1.5	5:00	8:22	☀
7	Thu	5:07	9.4	5:43	9.8	11:29	0.9			5:00	8:21	☀
8	Fri	6:05	9.4	6:36	10.2	12:03	1.2	12:21	0.9	5:01	8:21	☀
9	Sat	7:06	9.4	7:31	10.6	1:02	0.7	1:16	0.8	5:02	8:20	☀
10	Sun	8:10	9.5	8:28	11.2	2:02	0.2	2:12	0.7	5:03	8:20	☀
11	Mon	9:13	9.8	9:26	11.7	3:02	-0.4	3:10	0.5	5:04	8:19	☀
12	Tue	10:13	10.0	10:23	12.1	4:00	-1.0	4:07	0.3	5:04	8:19	☀
13	Wed	11:11	10.3	11:20	12.4	4:56	-1.4	5:03	0.0	5:05	8:18	☀
14	Thu			12:07	10.6	5:51	-1.7	5:59	-0.2	5:06	8:18	☀
15	Fri	12:15	12.5	1:02	10.8	6:45	-1.8	6:55	-0.3	5:07	8:17	☀
16	Sat	1:11	12.4	1:56	10.8	7:39	-1.7	7:51	-0.2	5:08	8:16	☀
17	Sun	2:07	12.1	2:50	10.8	8:31	-1.4	8:48	-0.1	5:09	8:15	☀
18	Mon	3:04	11.6	3:45	10.8	9:24	-1.0	9:46	0.1	5:10	8:15	☀
19	Tue	4:01	11.0	4:40	10.6	10:17	-0.5	10:46	0.4	5:11	8:14	☀
20	Wed	5:01	10.3	5:36	10.5	11:11	0.1	11:46	0.6	5:12	8:13	☀
21	Thu	6:02	9.8	6:32	10.3			12:06	0.7	5:13	8:12	☀
22	Fri	7:03	9.3	7:26	10.2	12:47	0.7	1:01	1.1	5:14	8:11	☀
23	Sat	8:01	9.0	8:20	10.1	1:46	0.8	1:56	1.4	5:15	8:10	☀
24	Sun	8:57	8.9	9:10	10.1	2:42	0.8	2:48	1.6	5:16	8:09	☀
25	Mon	9:48	8.9	9:57	10.2	3:33	0.7	3:37	1.7	5:17	8:08	☀
26	Tue	10:36	8.9	10:41	10.2	4:20	0.6	4:22	1.7	5:18	8:07	☀
27	Wed	11:19	8.9	11:21	10.3	5:04	0.5	5:03	1.7	5:19	8:06	☀
28	Thu	11:59	9.0	11:58	10.3	5:43	0.4	5:42	1.6	5:20	8:05	☀
29	Fri			12:36	9.0	6:20	0.4	6:19	1.5	5:21	8:04	☀
30	Sat	12:32	10.3	1:09	9.1	6:56	0.4	6:56	1.5	5:22	8:03	☀
31	Sun	1:04	10.3	1:40	9.2	7:30	0.4	7:33	1.4	5:23	8:02	☀