
































## Rockland, ME - Nov 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:07	9.5	5:17	10.7	11:02	1.2	11:52	-0.2	7:13	5:26	
2	Wed	6:18	9.7	6:32	10.6			12:13	1.1	7:14	5:25	
3	Thu	7:24	10.0	7:41	10.6	12:58	-0.2	1:23	0.8	7:15	5:23	
4	Fri	8:23	10.4	8:44	10.7	2:00	-0.3	2:27	0.4	7:17	5:22	
5	Sat	9:17	10.8	9:40	10.8	2:56	-0.3	3:25	-0.1	7:18	5:21	
6	Sun	9:07	11.2	9:33	10.7	2:48	-0.3	3:18	-0.4	6:19	4:20	
7	Mon	9:53	11.3	10:22	10.6	3:35	-0.1	4:07	-0.6	6:21	4:18	
8	Tue	10:36	11.3	11:07	10.3	4:19	0.1	4:52	-0.6	6:22	4:17	
9	Wed	11:16	11.1	11:51	9.9	5:01	0.5	5:34	-0.5	6:23	4:16	
10	Thu	11:54	10.8			5:41	0.9	6:16	-0.2	6:25	4:15	
11	Fri	12:33	9.5	12:31	10.4	6:20	1.3	6:56	0.1	6:26	4:14	
12	Sat	1:15	9.2	1:08	10.1	7:00	1.7	7:38	0.5	6:27	4:13	
13	Sun	1:57	8.8	1:48	9.7	7:42	2.0	8:23	0.8	6:29	4:12	
14	Mon	2:43	8.5	2:33	9.4	8:28	2.3	9:11	1.1	6:30	4:11	
15	Tue	3:33	8.4	3:24	9.2	9:19	2.5	10:02	1.3	6:31	4:10	
16	Wed	4:26	8.4	4:21	9.0	10:15	2.5	10:55	1.3	6:33	4:09	
17	Thu	5:20	8.5	5:20	9.0	11:12	2.4	11:47	1.3	6:34	4:08	
18	Fri	6:12	8.8	6:17	9.1			12:09	2.0	6:35	4:07	
19	Sat	6:58	9.2	7:11	9.3	12:36	1.1	1:02	1.6	6:37	4:06	
20	Sun	7:41	9.7	8:00	9.6	1:22	1.0	1:51	1.0	6:38	4:05	
21	Mon	8:22	10.3	8:48	9.8	2:07	0.8	2:38	0.3	6:39	4:05	
22	Tue	9:02	10.9	9:34	10.1	2:50	0.5	3:24	-0.3	6:40	4:04	
23	Wed	9:44	11.4	10:20	10.3	3:33	0.4	4:10	-0.8	6:42	4:03	
24	Thu	10:27	11.8	11:08	10.4	4:18	0.3	4:57	-1.2	6:43	4:02	
25	Fri	11:14	12.0	11:58	10.4	5:04	0.2	5:46	-1.4	6:44	4:02	
26	Sat			12:03	12.1	5:53	0.2	6:38	-1.4	6:45	4:01	
27	Sun	12:51	10.3	12:57	11.9	6:46	0.4	7:32	-1.3	6:46	4:01	
28	Mon	1:48	10.2	1:55	11.6	7:43	0.5	8:30	-1.0	6:48	4:00	
29	Tue	2:50	10.0	2:58	11.2	8:45	0.7	9:31	-0.7	6:49	4:00	
30	Wed	3:55	10.0	4:07	10.8	9:51	0.8	10:34	-0.4	6:50	3:59	