

































Rockland, ME - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:43	9.3	9:14	9.3	2:28	1.8	2:54	1.1	5:27	7:39	
2	Tue	9:29	9.5	9:53	9.7	3:15	1.4	3:35	1.0	5:26	7:40	
3	Wed	10:12	9.6	10:28	10.1	3:59	0.9	4:14	0.9	5:24	7:41	
4	Thu	10:52	9.7	11:02	10.5	4:40	0.5	4:52	0.8	5:23	7:43	
5	Fri	11:31	9.8	11:37	10.8	5:21	0.1	5:30	0.8	5:22	7:44	
6	Sat			12:11	9.9	6:02	-0.3	6:09	0.8	5:20	7:45	
7	Sun	12:15	11.0	12:54	9.9	6:44	-0.5	6:51	0.8	5:19	7:46	
8	Mon	12:57	11.2	1:40	9.8	7:30	-0.6	7:36	0.9	5:18	7:47	
9	Tue	1:44	11.2	2:30	9.7	8:19	-0.6	8:27	1.0	5:16	7:48	
10	Wed	2:35	11.1	3:27	9.6	9:13	-0.5	9:23	1.1	5:15	7:50	
11	Thu	3:33	11.0	4:29	9.5	10:12	-0.4	10:26	1.2	5:14	7:51	
12	Fri	4:37	10.8	5:36	9.7	11:14	-0.3	11:33	1.1	5:13	7:52	
13	Sat	5:47	10.6	6:42	9.9			12:17	-0.2	5:12	7:53	
14	Sun	6:58	10.6	7:44	10.4	12:42	0.9	1:19	-0.2	5:10	7:54	
15	Mon	8:04	10.6	8:40	10.8	1:48	0.5	2:17	-0.3	5:09	7:55	
16	Tue	9:05	10.6	9:33	11.2	2:50	0.0	3:12	-0.2	5:08	7:56	
17	Wed	10:02	10.6	10:22	11.5	3:46	-0.4	4:03	-0.1	5:07	7:57	
18	Thu	10:54	10.5	11:09	11.6	4:39	-0.7	4:51	0.1	5:06	7:58	
19	Fri	11:44	10.3	11:53	11.4	5:28	-0.8	5:37	0.4	5:05	8:00	
20	Sat			12:31	10.0	6:14	-0.8	6:20	0.7	5:04	8:01	
21	Sun	12:36	11.2	1:17	9.7	6:59	-0.5	7:03	1.1	5:03	8:02	
22	Mon	1:17	10.8	2:02	9.4	7:43	-0.2	7:46	1.5	5:03	8:03	
23	Tue	1:58	10.4	2:46	9.0	8:26	0.2	8:29	1.8	5:02	8:04	
24	Wed	2:40	10.0	3:32	8.7	9:11	0.5	9:15	2.1	5:01	8:05	
25	Thu	3:24	9.7	4:20	8.6	9:57	0.8	10:04	2.3	5:00	8:06	
26	Fri	4:13	9.4	5:10	8.5	10:46	1.1	10:57	2.3	4:59	8:07	
27	Sat	5:05	9.2	6:01	8.6	11:35	1.2	11:53	2.3	4:59	8:08	
28	Sun	6:01	9.0	6:50	8.8			12:25	1.3	4:58	8:08	
29	Mon	6:57	9.0	7:37	9.1	12:48	2.1	1:14	1.3	4:57	8:09	
30	Tue	7:51	9.0	8:21	9.5	1:42	1.7	2:00	1.3	4:57	8:10	
31	Wed	8:42	9.1	9:02	9.9	2:32	1.3	2:45	1.2	4:56	8:11	