
































## Rockland, ME - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:45	9.3	9:51	11.1	3:34	0.1	3:38	1.1	4:57	8:23	
2	Sun	10:38	9.6	10:42	11.5	4:26	-0.4	4:29	0.8	4:57	8:23	
3	Mon	11:29	9.9	11:33	11.9	5:17	-0.9	5:21	0.5	4:58	8:23	
4	Tue			12:21	10.1	6:08	-1.2	6:13	0.3	4:58	8:22	
5	Wed	12:26	12.1	1:14	10.4	6:59	-1.5	7:07	0.1	4:59	8:22	
6	Thu	1:20	12.2	2:07	10.6	7:52	-1.5	8:03	0.0	5:00	8:22	
7	Fri	2:16	12.0	3:02	10.7	8:45	-1.4	9:01	0.0	5:00	8:21	
8	Sat	3:14	11.6	3:59	10.8	9:39	-1.1	10:02	0.1	5:01	8:21	
9	Sun	4:15	11.1	4:57	10.9	10:34	-0.7	11:05	0.1	5:02	8:21	
10	Mon	5:19	10.6	5:56	10.9	11:31	-0.2			5:03	8:20	
11	Tue	6:24	10.1	6:55	10.9	12:09	0.2	12:29	0.2	5:03	8:20	
12	Wed	7:29	9.7	7:53	10.9	1:13	0.1	1:27	0.6	5:04	8:19	
13	Thu	8:30	9.5	8:48	10.9	2:15	0.1	2:25	0.9	5:05	8:18	
14	Fri	9:27	9.4	9:40	10.8	3:13	0.0	3:19	1.1	5:06	8:18	
15	Sat	10:20	9.3	10:29	10.8	4:06	0.0	4:10	1.3	5:07	8:17	
16	Sun	11:09	9.2	11:15	10.7	4:55	0.0	4:57	1.4	5:08	8:16	
17	Mon	11:54	9.2	11:57	10.5	5:39	0.1	5:40	1.5	5:09	8:16	
18	Tue			12:36	9.1	6:20	0.2	6:19	1.5	5:09	8:15	
19	Wed	12:35	10.4	1:14	9.0	6:58	0.3	6:57	1.6	5:10	8:14	
20	Thu	1:11	10.2	1:50	9.0	7:34	0.4	7:35	1.6	5:11	8:13	
21	Fri	1:44	10.1	2:23	9.0	8:09	0.6	8:13	1.7	5:12	8:12	
22	Sat	2:19	9.8	2:56	9.0	8:45	0.7	8:54	1.7	5:13	8:11	
23	Sun	2:56	9.6	3:31	9.1	9:22	0.9	9:37	1.7	5:14	8:11	
24	Mon	3:38	9.3	4:10	9.2	10:01	1.1	10:24	1.6	5:15	8:10	
25	Tue	4:24	9.1	4:54	9.4	10:43	1.3	11:16	1.5	5:16	8:09	
26	Wed	5:16	8.9	5:43	9.5	11:30	1.5			5:17	8:08	
27	Thu	6:13	8.7	6:36	9.8	12:11	1.3	12:22	1.6	5:18	8:06	
28	Fri	7:15	8.7	7:32	10.2	1:10	1.0	1:18	1.6	5:20	8:05	
29	Sat	8:18	8.9	8:30	10.7	2:09	0.6	2:15	1.4	5:21	8:04	
30	Sun	9:19	9.2	9:28	11.2	3:07	0.0	3:12	1.0	5:22	8:03	
31	Mon	10:17	9.7	10:24	11.7	4:04	-0.5	4:09	0.6	5:23	8:02	