

































## Rockland, ME - Nov 2023

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Wed | 2:01  | 10.2 | 2:05  | 11.2 | 7:52  | 0.7  | 8:32  | -0.5 | 7:12  | 5:27 |    |
| 2    | Thu | 2:52  | 9.6  | 2:54  | 10.6 | 8:40  | 1.2  | 9:23  | 0.0  | 7:14  | 5:25 |    |
| 3    | Fri | 3:45  | 9.2  | 3:46  | 10.1 | 9:31  | 1.7  | 10:16 | 0.5  | 7:15  | 5:24 |    |
| 4    | Sat | 4:41  | 8.8  | 4:43  | 9.6  | 10:27 | 2.1  | 11:12 | 0.9  | 7:16  | 5:22 |    |
| 5    | Sun | 4:39  | 8.6  | 4:43  | 9.3  | 10:26 | 2.3  | 11:09 | 1.2  | 6:18  | 4:21 |    |
| 6    | Mon | 5:36  | 8.6  | 5:43  | 9.2  | 11:26 | 2.3  |       |      | 6:19  | 4:20 |    |
| 7    | Tue | 6:29  | 8.8  | 6:39  | 9.2  | 12:03 | 1.2  | 12:23 | 2.1  | 6:20  | 4:19 |    |
| 8    | Wed | 7:17  | 9.1  | 7:31  | 9.3  | 12:54 | 1.2  | 1:16  | 1.8  | 6:22  | 4:18 |    |
| 9    | Thu | 8:01  | 9.4  | 8:18  | 9.4  | 1:39  | 1.1  | 2:04  | 1.4  | 6:23  | 4:16 |    |
| 10   | Fri | 8:40  | 9.7  | 9:01  | 9.5  | 2:21  | 1.1  | 2:47  | 1.0  | 6:24  | 4:15 |    |
| 11   | Sat | 9:16  | 10.1 | 9:41  | 9.5  | 3:00  | 1.0  | 3:28  | 0.6  | 6:26  | 4:14 |    |
| 12   | Sun | 9:49  | 10.3 | 10:18 | 9.6  | 3:37  | 1.0  | 4:07  | 0.2  | 6:27  | 4:13 |   |
| 13   | Mon | 10:21 | 10.6 | 10:56 | 9.6  | 4:13  | 1.0  | 4:46  | 0.0  | 6:28  | 4:12 |  |
| 14   | Tue | 10:56 | 10.8 | 11:34 | 9.6  | 4:50  | 1.0  | 5:26  | -0.2 | 6:30  | 4:11 |  |
| 15   | Wed | 11:35 | 10.9 |       |      | 5:29  | 1.1  | 6:08  | -0.4 | 6:31  | 4:10 |  |
| 16   | Thu | 12:16 | 9.5  | 12:18 | 11.0 | 6:12  | 1.1  | 6:54  | -0.4 | 6:32  | 4:09 |  |
| 17   | Fri | 1:03  | 9.5  | 1:06  | 10.9 | 6:59  | 1.2  | 7:44  | -0.3 | 6:34  | 4:08 |  |
| 18   | Sat | 1:55  | 9.4  | 2:00  | 10.8 | 7:51  | 1.3  | 8:39  | -0.2 | 6:35  | 4:07 |  |
| 19   | Sun | 2:53  | 9.4  | 2:59  | 10.6 | 8:50  | 1.4  | 9:38  | -0.1 | 6:36  | 4:06 |  |
| 20   | Mon | 3:57  | 9.5  | 4:06  | 10.5 | 9:56  | 1.3  | 10:40 | -0.1 | 6:38  | 4:06 |  |
| 21   | Tue | 5:03  | 9.8  | 5:17  | 10.4 | 11:04 | 1.1  | 11:42 | -0.1 | 6:39  | 4:05 |  |
| 22   | Wed | 6:07  | 10.2 | 6:27  | 10.4 |       |      | 12:12 | 0.6  | 6:40  | 4:04 |  |
| 23   | Thu | 7:06  | 10.7 | 7:31  | 10.5 | 12:42 | -0.2 | 1:16  | 0.1  | 6:41  | 4:03 |  |
| 24   | Fri | 8:01  | 11.2 | 8:31  | 10.6 | 1:38  | -0.2 | 2:15  | -0.5 | 6:43  | 4:03 |  |
| 25   | Sat | 8:52  | 11.6 | 9:26  | 10.6 | 2:32  | -0.2 | 3:10  | -0.9 | 6:44  | 4:02 |  |
| 26   | Sun | 9:41  | 11.8 | 10:18 | 10.5 | 3:22  | -0.1 | 4:02  | -1.1 | 6:45  | 4:01 |  |
| 27   | Mon | 10:28 | 11.8 | 11:08 | 10.3 | 4:11  | 0.1  | 4:51  | -1.1 | 6:46  | 4:01 |  |
| 28   | Tue | 11:13 | 11.6 | 11:56 | 10.0 | 4:57  | 0.4  | 5:38  | -1.0 | 6:47  | 4:00 |  |
| 29   | Wed | 11:58 | 11.3 |       |      | 5:43  | 0.8  | 6:24  | -0.7 | 6:48  | 4:00 |  |
| 30   | Thu | 12:43 | 9.7  | 12:42 | 10.9 | 6:28  | 1.2  | 7:10  | -0.3 | 6:50  | 3:59 |  |