

































## Rockland, ME - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:23	8.9	2:19	9.6	8:12	1.9	8:46	0.9	7:11	4:08	
2	Tue	3:03	8.9	3:03	9.2	8:59	2.0	9:28	1.2	7:11	4:09	
3	Wed	3:45	8.9	3:51	8.9	9:49	2.0	10:12	1.5	7:11	4:10	
4	Thu	4:30	9.0	4:45	8.6	10:43	1.9	11:00	1.7	7:11	4:11	
5	Fri	5:18	9.1	5:43	8.5	11:38	1.8	11:49	1.8	7:11	4:12	
6	Sat	6:07	9.4	6:43	8.5			12:34	1.5	7:11	4:13	
7	Sun	6:57	9.7	7:40	8.6	12:40	1.8	1:28	1.0	7:11	4:14	
8	Mon	7:47	10.1	8:33	8.9	1:31	1.7	2:20	0.5	7:10	4:15	
9	Tue	8:36	10.6	9:23	9.2	2:22	1.5	3:10	0.0	7:10	4:16	
10	Wed	9:24	11.1	10:12	9.5	3:11	1.2	3:59	-0.5	7:10	4:17	
11	Thu	10:13	11.6	10:59	9.9	4:00	0.8	4:47	-0.9	7:09	4:18	
12	Fri	11:02	11.9	11:47	10.3	4:50	0.5	5:35	-1.3	7:09	4:19	
13	Sat	11:52	12.1			5:40	0.2	6:23	-1.4	7:09	4:20	
14	Sun	12:36	10.6	12:44	12.0	6:32	0.0	7:12	-1.4	7:08	4:22	
15	Mon	1:26	10.8	1:38	11.8	7:27	-0.1	8:02	-1.2	7:08	4:23	
16	Tue	2:19	10.9	2:35	11.3	8:24	-0.1	8:55	-0.8	7:07	4:24	
17	Wed	3:14	11.0	3:36	10.7	9:24	-0.1	9:50	-0.3	7:07	4:25	
18	Thu	4:12	11.0	4:42	10.1	10:28	0.0	10:48	0.2	7:06	4:26	
19	Fri	5:13	10.9	5:50	9.7	11:34	0.1	11:49	0.6	7:05	4:28	
20	Sat	6:15	10.9	6:57	9.4			12:40	0.1	7:05	4:29	
21	Sun	7:16	10.9	7:59	9.3	12:51	1.0	1:43	0.0	7:04	4:30	
22	Mon	8:14	10.9	8:56	9.3	1:51	1.1	2:41	0.0	7:03	4:32	
23	Tue	9:07	10.9	9:48	9.3	2:47	1.2	3:34	-0.1	7:02	4:33	
24	Wed	9:57	10.9	10:36	9.4	3:38	1.2	4:22	-0.1	7:02	4:34	
25	Thu	10:42	10.8	11:19	9.3	4:24	1.3	5:05	0.0	7:01	4:36	
26	Fri	11:23	10.6	11:59	9.3	5:06	1.3	5:44	0.1	7:00	4:37	
27	Sat			12:00	10.5	5:45	1.3	6:20	0.3	6:59	4:38	
28	Sun	12:35	9.3	12:35	10.2	6:23	1.4	6:55	0.5	6:58	4:40	
29	Mon	1:09	9.2	1:08	9.9	7:00	1.4	7:29	0.7	6:57	4:41	
30	Tue	1:40	9.2	1:43	9.6	7:39	1.5	8:03	1.0	6:56	4:42	
31	Wed	2:13	9.2	2:22	9.3	8:20	1.5	8:41	1.2	6:55	4:44	