

































Rockland, ME - Jan 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:26	11.0			5:17	1.2	5:59	-0.4	7:11	4:08	
2	Thu	12:10	9.5	12:09	11.1	6:01	1.0	6:41	-0.5	7:11	4:09	
3	Fri	12:51	9.7	12:54	11.1	6:47	0.9	7:25	-0.5	7:11	4:10	
4	Sat	1:36	10.0	1:43	11.0	7:37	0.7	8:12	-0.5	7:11	4:11	
5	Sun	2:24	10.2	2:36	10.7	8:31	0.6	9:02	-0.3	7:11	4:12	
6	Mon	3:16	10.4	3:35	10.3	9:29	0.5	9:55	0.0	7:11	4:13	
7	Tue	4:13	10.6	4:39	10.0	10:32	0.4	10:52	0.3	7:10	4:14	
8	Wed	5:13	10.8	5:49	9.7	11:37	0.2	11:52	0.5	7:10	4:15	
9	Thu	6:16	11.0	7:00	9.6			12:44	-0.1	7:10	4:17	
10	Fri	7:19	11.2	8:06	9.6	12:55	0.7	1:48	-0.4	7:10	4:18	
11	Sat	8:19	11.4	9:06	9.7	1:56	0.7	2:48	-0.6	7:09	4:19	
12	Sun	9:16	11.6	10:02	9.9	2:55	0.7	3:45	-0.8	7:09	4:20	
13	Mon	10:10	11.7	10:53	10.0	3:50	0.6	4:37	-0.9	7:08	4:21	
14	Tue	11:00	11.6	11:41	10.0	4:42	0.6	5:25	-0.8	7:08	4:22	
15	Wed	11:47	11.4			5:30	0.7	6:11	-0.6	7:07	4:24	
16	Thu	12:27	9.9	12:32	11.0	6:17	0.8	6:53	-0.3	7:07	4:25	
17	Fri	1:11	9.8	1:15	10.6	7:01	1.0	7:34	0.0	7:06	4:26	
18	Sat	1:52	9.6	1:58	10.1	7:46	1.2	8:15	0.5	7:05	4:27	
19	Sun	2:33	9.5	2:41	9.6	8:31	1.4	8:55	0.9	7:05	4:29	
20	Mon	3:14	9.4	3:27	9.1	9:19	1.6	9:38	1.4	7:04	4:30	
21	Tue	3:57	9.2	4:18	8.7	10:09	1.7	10:23	1.7	7:03	4:31	
22	Wed	4:44	9.2	5:15	8.3	11:04	1.7	11:13	2.0	7:03	4:33	
23	Thu	5:34	9.2	6:15	8.2			12:00	1.6	7:02	4:34	
24	Fri	6:28	9.3	7:15	8.2	12:06	2.2	12:57	1.5	7:01	4:35	
25	Sat	7:21	9.5	8:09	8.4	1:00	2.2	1:51	1.2	7:00	4:37	
26	Sun	8:11	9.9	8:58	8.6	1:52	2.1	2:42	0.8	6:59	4:38	
27	Mon	8:58	10.3	9:43	9.0	2:41	1.8	3:28	0.3	6:58	4:39	
28	Tue	9:42	10.7	10:25	9.4	3:27	1.4	4:12	-0.1	6:57	4:41	
29	Wed	10:25	11.1	11:05	9.8	4:12	1.0	4:54	-0.5	6:56	4:42	
30	Thu	11:08	11.4	11:46	10.2	4:57	0.6	5:36	-0.8	6:55	4:44	
31	Fri	11:52	11.6			5:43	0.2	6:18	-0.9	6:54	4:45	