

































## Rockland, ME - May 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:57	12.2	2:46	10.4	8:27	-1.5	8:39	0.4	5:26	7:40	
2	Fri	2:54	11.7	3:47	10.0	9:26	-1.0	9:38	0.8	5:25	7:41	
3	Sat	3:56	11.1	4:50	9.6	10:26	-0.5	10:42	1.2	5:24	7:42	
4	Sun	5:01	10.6	5:53	9.5	11:29	0.0	11:48	1.4	5:22	7:43	
5	Mon	6:07	10.2	6:54	9.5			12:31	0.3	5:21	7:44	
6	Tue	7:10	9.9	7:50	9.6	12:54	1.4	1:29	0.6	5:20	7:45	
7	Wed	8:09	9.8	8:42	9.8	1:55	1.3	2:22	0.7	5:18	7:47	
8	Thu	9:02	9.7	9:28	10.0	2:49	1.1	3:10	0.8	5:17	7:48	
9	Fri	9:51	9.6	10:10	10.1	3:38	0.9	3:53	1.0	5:16	7:49	
10	Sat	10:36	9.5	10:49	10.2	4:22	0.7	4:32	1.2	5:15	7:50	
11	Sun	11:18	9.4	11:24	10.2	5:03	0.5	5:09	1.3	5:13	7:51	
12	Mon	11:56	9.2	11:56	10.1	5:40	0.4	5:44	1.5	5:12	7:52	
13	Tue			12:33	9.1	6:17	0.4	6:18	1.7	5:11	7:54	
14	Wed	12:26	10.1	1:07	9.0	6:53	0.4	6:53	1.8	5:10	7:55	
15	Thu	12:57	10.1	1:41	8.8	7:30	0.5	7:30	1.9	5:09	7:56	
16	Fri	1:33	10.0	2:18	8.7	8:09	0.6	8:10	2.0	5:08	7:57	
17	Sat	2:13	10.0	3:00	8.7	8:51	0.6	8:54	2.1	5:07	7:58	
18	Sun	2:59	9.9	3:47	8.7	9:38	0.6	9:44	2.0	5:06	7:59	
19	Mon	3:49	9.9	4:39	8.9	10:27	0.6	10:40	1.9	5:05	8:00	
20	Tue	4:45	9.9	5:35	9.2	11:21	0.6	11:40	1.6	5:04	8:01	
21	Wed	5:45	9.9	6:32	9.7			12:16	0.4	5:03	8:02	
22	Thu	6:48	10.0	7:28	10.3	12:42	1.1	1:11	0.3	5:02	8:03	
23	Fri	7:52	10.2	8:23	10.9	1:44	0.5	2:06	0.1	5:01	8:04	
24	Sat	8:54	10.4	9:16	11.6	2:43	-0.2	3:00	-0.1	5:00	8:05	
25	Sun	9:53	10.6	10:09	12.1	3:40	-0.9	3:53	-0.2	5:00	8:06	
26	Mon	10:51	10.7	11:01	12.4	4:36	-1.4	4:46	-0.2	4:59	8:07	
27	Tue	11:46	10.7	11:54	12.5	5:30	-1.7	5:39	-0.2	4:58	8:08	
28	Wed			12:42	10.6	6:24	-1.8	6:32	0.0	4:58	8:09	
29	Thu	12:48	12.3	1:37	10.4	7:18	-1.7	7:27	0.3	4:57	8:10	
30	Fri	1:43	12.0	2:33	10.2	8:13	-1.3	8:22	0.6	4:56	8:11	
31	Sat	2:39	11.5	3:30	9.9	9:08	-0.9	9:20	0.9	4:56	8:12	