

































Rockland, ME - Jun 2025

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|-----|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 3:37 | 11.0 | 4:27 | 9.7 | 10:04 | -0.4 | 10:20 | 1.2 | 4:55 | 8:12 |  |
| 2 | Mon | 4:36 | 10.4 | 5:24 | 9.6 | 10:59 | 0.1 | 11:21 | 1.4 | 4:55 | 8:13 |  |
| 3 | Tue | 5:36 | 9.9 | 6:19 | 9.6 | 11:54 | 0.5 | | | 4:54 | 8:14 |  |
| 4 | Wed | 6:36 | 9.5 | 7:12 | 9.6 | 12:21 | 1.5 | 12:48 | 0.8 | 4:54 | 8:15 |  |
| 5 | Thu | 7:33 | 9.3 | 8:02 | 9.7 | 1:19 | 1.4 | 1:38 | 1.1 | 4:54 | 8:15 |  |
| 6 | Fri | 8:27 | 9.1 | 8:48 | 9.8 | 2:14 | 1.2 | 2:26 | 1.3 | 4:53 | 8:16 |  |
| 7 | Sat | 9:17 | 9.0 | 9:32 | 10.0 | 3:04 | 1.0 | 3:11 | 1.5 | 4:53 | 8:17 |  |
| 8 | Sun | 10:05 | 8.9 | 10:12 | 10.0 | 3:50 | 0.8 | 3:54 | 1.6 | 4:53 | 8:17 |  |
| 9 | Mon | 10:49 | 8.9 | 10:50 | 10.1 | 4:33 | 0.6 | 4:34 | 1.7 | 4:53 | 8:18 |  |
| 10 | Tue | 11:30 | 8.9 | 11:26 | 10.2 | 5:13 | 0.5 | 5:12 | 1.8 | 4:52 | 8:19 |  |
| 11 | Wed | | | 12:09 | 8.9 | 5:52 | 0.4 | 5:50 | 1.8 | 4:52 | 8:19 |  |
| 12 | Thu | 12:00 | 10.2 | 12:46 | 8.9 | 6:31 | 0.3 | 6:28 | 1.8 | 4:52 | 8:20 |  |
| 13 | Fri | 12:35 | 10.3 | 1:21 | 8.9 | 7:09 | 0.3 | 7:07 | 1.8 | 4:52 | 8:20 |  |
| 14 | Sat | 1:13 | 10.3 | 1:59 | 8.9 | 7:48 | 0.2 | 7:49 | 1.7 | 4:52 | 8:21 |  |
| 15 | Sun | 1:54 | 10.4 | 2:39 | 9.1 | 8:30 | 0.2 | 8:34 | 1.6 | 4:52 | 8:21 |  |
| 16 | Mon | 2:39 | 10.3 | 3:24 | 9.3 | 9:14 | 0.2 | 9:24 | 1.5 | 4:52 | 8:21 |  |
| 17 | Tue | 3:28 | 10.3 | 4:13 | 9.5 | 10:00 | 0.2 | 10:18 | 1.3 | 4:52 | 8:22 |  |
| 18 | Wed | 4:22 | 10.1 | 5:05 | 9.9 | 10:51 | 0.2 | 11:17 | 1.0 | 4:52 | 8:22 |  |
| 19 | Thu | 5:21 | 10.0 | 6:01 | 10.3 | 11:44 | 0.2 | | | 4:52 | 8:22 |  |
| 20 | Fri | 6:24 | 9.9 | 6:58 | 10.8 | 12:19 | 0.6 | 12:39 | 0.3 | 4:53 | 8:23 |  |
| 21 | Sat | 7:31 | 9.9 | 7:56 | 11.2 | 1:22 | 0.1 | 1:37 | 0.3 | 4:53 | 8:23 |  |
| 22 | Sun | 8:37 | 9.9 | 8:54 | 11.6 | 2:24 | -0.4 | 2:35 | 0.3 | 4:53 | 8:23 |  |
| 23 | Mon | 9:39 | 10.1 | 9:52 | 12.0 | 3:24 | -0.8 | 3:32 | 0.3 | 4:53 | 8:23 |  |
| 24 | Tue | 10:39 | 10.2 | 10:48 | 12.2 | 4:22 | -1.2 | 4:29 | 0.2 | 4:54 | 8:23 |  |
| 25 | Wed | 11:36 | 10.3 | 11:43 | 12.2 | 5:18 | -1.4 | 5:24 | 0.2 | 4:54 | 8:23 |  |
| 26 | Thu | | | 12:30 | 10.3 | 6:12 | -1.5 | 6:18 | 0.3 | 4:54 | 8:23 |  |
| 27 | Fri | 12:36 | 12.1 | 1:23 | 10.2 | 7:05 | -1.3 | 7:12 | 0.4 | 4:55 | 8:23 |  |
| 28 | Sat | 1:29 | 11.8 | 2:14 | 10.1 | 7:56 | -1.0 | 8:04 | 0.6 | 4:55 | 8:23 |  |
| 29 | Sun | 2:21 | 11.3 | 3:05 | 10.0 | 8:45 | -0.6 | 8:57 | 0.9 | 4:56 | 8:23 |  |
| 30 | Mon | 3:12 | 10.8 | 3:56 | 9.8 | 9:34 | -0.2 | 9:51 | 1.1 | 4:56 | 8:23 |  |