































Rockland, ME - Aug 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:07	8.8	5:31	9.3	11:09	1.6	11:49	1.6	5:24	8:00	
2	Sat	6:03	8.4	6:21	9.3	11:59	2.0			5:26	7:59	
3	Sun	7:02	8.2	7:15	9.3	12:45	1.6	12:52	2.2	5:27	7:58	
4	Mon	8:01	8.2	8:09	9.4	1:42	1.5	1:46	2.3	5:28	7:56	
5	Tue	8:56	8.3	9:00	9.7	2:37	1.3	2:38	2.2	5:29	7:55	
6	Wed	9:45	8.5	9:47	10.0	3:28	1.0	3:28	1.9	5:30	7:54	
7	Thu	10:30	8.8	10:30	10.4	4:14	0.6	4:14	1.6	5:31	7:52	
8	Fri	11:11	9.1	11:11	10.7	4:57	0.3	4:57	1.3	5:32	7:51	
9	Sat	11:49	9.5	11:51	11.0	5:37	-0.1	5:40	0.9	5:33	7:49	
10	Sun			12:27	9.9	6:17	-0.3	6:23	0.5	5:34	7:48	
11	Mon	12:32	11.2	1:05	10.3	6:56	-0.5	7:08	0.2	5:36	7:47	
12	Tue	1:16	11.2	1:46	10.6	7:37	-0.6	7:55	0.0	5:37	7:45	
13	Wed	2:02	11.1	2:31	10.9	8:21	-0.5	8:45	-0.2	5:38	7:44	
14	Thu	2:52	10.7	3:19	11.0	9:07	-0.2	9:40	-0.2	5:39	7:42	
15	Fri	3:47	10.3	4:12	11.0	9:58	0.2	10:39	-0.1	5:40	7:40	
16	Sat	4:49	9.9	5:12	11.0	10:55	0.6	11:44	-0.1	5:41	7:39	
17	Sun	5:58	9.5	6:18	10.9	11:57	0.9			5:42	7:37	
18	Mon	7:11	9.3	7:28	10.9	12:52	0.0	1:03	1.1	5:44	7:36	
19	Tue	8:20	9.4	8:35	11.1	2:00	-0.1	2:10	1.0	5:45	7:34	
20	Wed	9:22	9.6	9:36	11.3	3:04	-0.3	3:13	0.9	5:46	7:33	
21	Thu	10:18	9.9	10:31	11.4	4:02	-0.5	4:11	0.6	5:47	7:31	
22	Fri	11:09	10.1	11:22	11.4	4:54	-0.6	5:04	0.4	5:48	7:29	
23	Sat	11:56	10.2			5:41	-0.6	5:52	0.3	5:49	7:28	
24	Sun	12:08	11.2	12:40	10.3	6:25	-0.4	6:36	0.3	5:50	7:26	
25	Mon	12:52	10.9	1:20	10.2	7:05	-0.2	7:19	0.4	5:52	7:24	
26	Tue	1:33	10.5	1:57	10.1	7:42	0.2	8:00	0.6	5:53	7:22	
27	Wed	2:13	10.0	2:33	9.9	8:19	0.7	8:41	0.8	5:54	7:21	
28	Thu	2:52	9.5	3:08	9.6	8:57	1.2	9:24	1.1	5:55	7:19	
29	Fri	3:34	9.0	3:47	9.4	9:37	1.6	10:10	1.3	5:56	7:17	
30	Sat	4:20	8.6	4:31	9.2	10:21	2.0	11:02	1.5	5:57	7:15	
31	Sun	5:14	8.2	5:23	9.1	11:11	2.3			5:58	7:14	