
































## Rockland, ME - Nov 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:42	9.4	7:56	9.9	1:25	0.8	1:48	1.3	7:13	5:26	
2	Sun	7:32	10.1	7:52	10.3	1:16	0.4	1:43	0.5	6:14	4:24	
3	Mon	8:19	10.9	8:46	10.7	2:05	0.0	2:36	-0.3	6:16	4:23	
4	Tue	9:06	11.6	9:39	10.9	2:53	-0.2	3:27	-1.1	6:17	4:22	
5	Wed	9:53	12.1	10:31	11.1	3:41	-0.4	4:18	-1.6	6:18	4:21	
6	Thu	10:42	12.5	11:24	11.0	4:30	-0.5	5:10	-1.9	6:20	4:19	
7	Fri	11:32	12.6			5:20	-0.4	6:02	-1.9	6:21	4:18	
8	Sat	12:18	10.8	12:25	12.4	6:12	-0.1	6:57	-1.7	6:22	4:17	
9	Sun	1:14	10.5	1:21	12.0	7:07	0.2	7:55	-1.3	6:24	4:16	
10	Mon	2:14	10.2	2:22	11.5	8:06	0.6	8:55	-0.8	6:25	4:15	
11	Tue	3:18	9.9	3:28	10.9	9:10	1.0	9:57	-0.3	6:26	4:14	
12	Wed	4:22	9.7	4:36	10.5	10:17	1.2	11:00	0.0	6:28	4:12	
13	Thu	5:25	9.7	5:42	10.2	11:25	1.2			6:29	4:11	
14	Fri	6:24	9.8	6:43	9.9	12:01	0.3	12:29	1.1	6:30	4:10	
15	Sat	7:18	10.0	7:40	9.8	12:57	0.5	1:27	0.9	6:32	4:09	
16	Sun	8:07	10.2	8:31	9.7	1:48	0.7	2:19	0.7	6:33	4:09	
17	Mon	8:52	10.3	9:19	9.5	2:34	0.9	3:06	0.5	6:34	4:08	
18	Tue	9:32	10.4	10:03	9.4	3:15	1.1	3:48	0.4	6:36	4:07	
19	Wed	10:10	10.3	10:43	9.3	3:54	1.3	4:28	0.3	6:37	4:06	
20	Thu	10:44	10.3	11:21	9.1	4:30	1.5	5:05	0.3	6:38	4:05	
21	Fri	11:16	10.2	11:57	8.9	5:05	1.6	5:41	0.4	6:39	4:04	
22	Sat	11:47	10.1			5:40	1.8	6:17	0.5	6:41	4:04	
23	Sun	12:31	8.8	12:20	10.0	6:16	2.0	6:55	0.6	6:42	4:03	
24	Mon	1:06	8.6	12:58	9.9	6:55	2.1	7:36	0.7	6:43	4:02	
25	Tue	1:45	8.6	1:41	9.8	7:37	2.2	8:19	0.8	6:44	4:02	
26	Wed	2:29	8.6	2:28	9.7	8:24	2.2	9:06	0.8	6:46	4:01	
27	Thu	3:18	8.7	3:20	9.6	9:17	2.1	9:56	0.8	6:47	4:01	
28	Fri	4:10	9.0	4:18	9.6	10:15	1.9	10:49	0.7	6:48	4:00	
29	Sat	5:05	9.4	5:19	9.6	11:15	1.5	11:42	0.6	6:49	4:00	
30	Sun	5:59	10.0	6:22	9.8			12:16	0.9	6:50	3:59	