
























Rockland, ME - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:51	9.8	11:59	10.6	5:36	0.0	5:44	0.9	5:27	7:39	
2	Sat			12:32	9.6	6:16	0.0	6:21	1.2	5:25	7:40	
3	Sun	12:34	10.4	1:10	9.3	6:53	0.2	6:56	1.5	5:24	7:42	
4	Mon	1:06	10.2	1:47	9.0	7:31	0.4	7:32	1.8	5:23	7:43	
5	Tue	1:39	10.0	2:23	8.8	8:09	0.6	8:10	2.0	5:21	7:44	
6	Wed	2:15	9.8	3:02	8.6	8:50	0.8	8:52	2.2	5:20	7:45	
7	Thu	2:56	9.6	3:46	8.4	9:34	1.0	9:38	2.3	5:19	7:46	
8	Fri	3:42	9.4	4:34	8.4	10:21	1.1	10:29	2.4	5:17	7:48	
9	Sat	4:33	9.3	5:26	8.5	11:12	1.2	11:25	2.3	5:16	7:49	
10	Sun	5:29	9.3	6:20	8.8			12:03	1.2	5:15	7:50	
11	Mon	6:27	9.3	7:12	9.2	12:23	2.0	12:55	1.0	5:14	7:51	
12	Tue	7:26	9.5	8:01	9.8	1:20	1.5	1:46	0.8	5:12	7:52	
13	Wed	8:23	9.8	8:49	10.4	2:15	0.9	2:35	0.6	5:11	7:53	
14	Thu	9:18	10.1	9:36	11.1	3:08	0.2	3:24	0.3	5:10	7:54	
15	Fri	10:11	10.3	10:24	11.7	4:00	-0.5	4:12	0.1	5:09	7:55	
16	Sat	11:04	10.5	11:13	12.1	4:51	-1.1	5:02	0.0	5:08	7:57	
17	Sun	11:56	10.6			5:43	-1.5	5:52	-0.1	5:07	7:58	
18	Mon	12:04	12.3	12:50	10.6	6:36	-1.7	6:44	0.0	5:06	7:59	
19	Tue	12:57	12.4	1:46	10.5	7:30	-1.7	7:39	0.1	5:05	8:00	
20	Wed	1:53	12.2	2:44	10.4	8:26	-1.5	8:37	0.3	5:04	8:01	
21	Thu	2:52	11.8	3:45	10.2	9:24	-1.2	9:39	0.6	5:03	8:02	
22	Fri	3:55	11.3	4:48	10.1	10:24	-0.8	10:44	0.8	5:02	8:03	
23	Sat	5:01	10.9	5:50	10.1	11:25	-0.4	11:50	0.8	5:01	8:04	
24	Sun	6:07	10.5	6:50	10.2			12:25	0.0	5:01	8:05	
25	Mon	7:11	10.1	7:46	10.4	12:55	0.8	1:22	0.3	5:00	8:06	
26	Tue	8:10	9.9	8:38	10.5	1:57	0.6	2:16	0.5	4:59	8:07	
27	Wed	9:06	9.7	9:26	10.6	2:53	0.5	3:06	0.8	4:58	8:08	
28	Thu	9:57	9.5	10:11	10.6	3:44	0.3	3:53	1.0	4:58	8:09	
29	Fri	10:44	9.4	10:53	10.5	4:31	0.2	4:35	1.3	4:57	8:10	
30	Sat	11:29	9.2	11:31	10.4	5:13	0.2	5:15	1.5	4:57	8:10	
31	Sun			12:10	9.1	5:53	0.3	5:53	1.6	4:56	8:11	