


































## Rockland, ME - Jan 2028

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sat | 1:37  | 9.1  | 1:33  | 9.8  | 7:27  | 1.6  | 7:59  | 0.7  | 7:11  | 4:08 |    |
| 2    | Sun | 2:12  | 9.1  | 2:12  | 9.5  | 8:09  | 1.7  | 8:37  | 1.0  | 7:11  | 4:09 |    |
| 3    | Mon | 2:49  | 9.1  | 2:55  | 9.2  | 8:55  | 1.8  | 9:18  | 1.2  | 7:11  | 4:10 |    |
| 4    | Tue | 3:30  | 9.1  | 3:43  | 8.9  | 9:44  | 1.8  | 10:03 | 1.5  | 7:11  | 4:11 |    |
| 5    | Wed | 4:15  | 9.2  | 4:37  | 8.6  | 10:38 | 1.7  | 10:51 | 1.6  | 7:11  | 4:12 |    |
| 6    | Thu | 5:05  | 9.4  | 5:36  | 8.5  | 11:34 | 1.5  | 11:43 | 1.7  | 7:11  | 4:13 |    |
| 7    | Fri | 5:58  | 9.7  | 6:38  | 8.6  |       |      | 12:32 | 1.2  | 7:10  | 4:14 |    |
| 8    | Sat | 6:53  | 10.1 | 7:38  | 8.8  | 12:37 | 1.7  | 1:28  | 0.7  | 7:10  | 4:15 |    |
| 9    | Sun | 7:47  | 10.6 | 8:35  | 9.2  | 1:32  | 1.4  | 2:23  | 0.1  | 7:10  | 4:16 |    |
| 10   | Mon | 8:41  | 11.1 | 9:28  | 9.6  | 2:26  | 1.1  | 3:15  | -0.5 | 7:10  | 4:17 |    |
| 11   | Tue | 9:33  | 11.7 | 10:19 | 10.1 | 3:19  | 0.7  | 4:06  | -1.0 | 7:09  | 4:18 |    |
| 12   | Wed | 10:25 | 12.1 | 11:08 | 10.6 | 4:11  | 0.2  | 4:55  | -1.4 | 7:09  | 4:19 |   |
| 13   | Thu | 11:16 | 12.4 | 11:58 | 10.9 | 5:03  | -0.2 | 5:44  | -1.7 | 7:09  | 4:20 |  |
| 14   | Fri |       |      | 12:08 | 12.4 | 5:55  | -0.5 | 6:34  | -1.7 | 7:08  | 4:22 |  |
| 15   | Sat | 12:48 | 11.2 | 1:01  | 12.2 | 6:49  | -0.6 | 7:24  | -1.6 | 7:08  | 4:23 |  |
| 16   | Sun | 1:40  | 11.4 | 1:57  | 11.7 | 7:45  | -0.6 | 8:15  | -1.2 | 7:07  | 4:24 |  |
| 17   | Mon | 2:34  | 11.4 | 2:56  | 11.1 | 8:43  | -0.5 | 9:09  | -0.7 | 7:07  | 4:25 |  |
| 18   | Tue | 3:30  | 11.3 | 3:59  | 10.4 | 9:45  | -0.2 | 10:05 | -0.1 | 7:06  | 4:27 |  |
| 19   | Wed | 4:30  | 11.1 | 5:05  | 9.9  | 10:49 | 0.0  | 11:05 | 0.5  | 7:05  | 4:28 |  |
| 20   | Thu | 5:32  | 10.9 | 6:12  | 9.5  | 11:55 | 0.2  |       |      | 7:05  | 4:29 |  |
| 21   | Fri | 6:34  | 10.8 | 7:16  | 9.2  | 12:07 | 0.9  | 12:59 | 0.2  | 7:04  | 4:30 |  |
| 22   | Sat | 7:34  | 10.7 | 8:15  | 9.2  | 1:09  | 1.2  | 2:00  | 0.2  | 7:03  | 4:32 |  |
| 23   | Sun | 8:29  | 10.7 | 9:09  | 9.2  | 2:07  | 1.3  | 2:55  | 0.2  | 7:02  | 4:33 |  |
| 24   | Mon | 9:20  | 10.7 | 9:57  | 9.3  | 3:00  | 1.3  | 3:44  | 0.1  | 7:01  | 4:34 |  |
| 25   | Tue | 10:06 | 10.7 | 10:41 | 9.3  | 3:48  | 1.3  | 4:28  | 0.1  | 7:01  | 4:36 |  |
| 26   | Wed | 10:48 | 10.6 | 11:22 | 9.4  | 4:30  | 1.2  | 5:07  | 0.2  | 7:00  | 4:37 |  |
| 27   | Thu | 11:25 | 10.5 | 11:58 | 9.4  | 5:09  | 1.2  | 5:43  | 0.2  | 6:59  | 4:38 |  |
| 28   | Fri |       |      | 12:00 | 10.3 | 5:46  | 1.2  | 6:16  | 0.4  | 6:58  | 4:40 |  |
| 29   | Sat | 12:31 | 9.4  | 12:31 | 10.1 | 6:22  | 1.2  | 6:49  | 0.5  | 6:57  | 4:41 |  |
| 30   | Sun | 1:00  | 9.4  | 1:03  | 9.9  | 6:58  | 1.2  | 7:22  | 0.7  | 6:56  | 4:42 |  |
| 31   | Mon | 1:29  | 9.4  | 1:38  | 9.6  | 7:36  | 1.3  | 7:56  | 1.0  | 6:55  | 4:44 |  |