

































Rockland, ME - Jan 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:50	11.3	11:31	9.9	4:40	0.8	5:21	-0.7	7:11	4:09	
2	Tue	11:33	11.5			5:24	0.5	6:04	-0.9	7:11	4:09	
3	Wed	12:14	10.2	12:19	11.6	6:11	0.3	6:48	-1.0	7:11	4:10	
4	Thu	12:59	10.5	1:08	11.5	7:01	0.1	7:35	-0.9	7:11	4:11	
5	Fri	1:47	10.7	2:00	11.2	7:54	0.0	8:24	-0.7	7:11	4:12	
6	Sat	2:39	10.9	2:57	10.8	8:51	0.0	9:17	-0.4	7:11	4:13	
7	Sun	3:35	11.0	4:00	10.3	9:52	0.0	10:14	-0.1	7:10	4:14	
8	Mon	4:35	11.0	5:09	9.9	10:57	0.0	11:14	0.3	7:10	4:16	
9	Tue	5:39	11.1	6:20	9.7			12:04	-0.1	7:10	4:17	
10	Wed	6:44	11.2	7:28	9.7	12:17	0.5	1:10	-0.3	7:09	4:18	
11	Thu	7:46	11.3	8:29	9.8	1:20	0.6	2:12	-0.5	7:09	4:19	
12	Fri	8:44	11.5	9:26	9.9	2:21	0.6	3:09	-0.6	7:09	4:20	
13	Sat	9:38	11.5	10:18	10.0	3:17	0.6	4:02	-0.7	7:08	4:21	
14	Sun	10:28	11.5	11:06	10.0	4:08	0.6	4:50	-0.7	7:08	4:22	
15	Mon	11:14	11.3	11:50	10.0	4:56	0.6	5:34	-0.6	7:07	4:24	
16	Tue	11:57	11.1			5:41	0.7	6:15	-0.4	7:07	4:25	
17	Wed	12:32	9.9	12:37	10.7	6:23	0.8	6:54	0.0	7:06	4:26	
18	Thu	1:11	9.8	1:16	10.3	7:04	1.0	7:31	0.3	7:05	4:27	
19	Fri	1:48	9.6	1:54	9.8	7:45	1.2	8:09	0.7	7:05	4:29	
20	Sat	2:25	9.5	2:34	9.4	8:28	1.3	8:48	1.1	7:04	4:30	
21	Sun	3:03	9.4	3:18	9.0	9:15	1.5	9:30	1.4	7:03	4:31	
22	Mon	3:45	9.3	4:08	8.6	10:05	1.6	10:17	1.7	7:03	4:33	
23	Tue	4:33	9.3	5:05	8.4	10:59	1.6	11:08	2.0	7:02	4:34	
24	Wed	5:25	9.3	6:07	8.3	11:57	1.5			7:01	4:35	
25	Thu	6:21	9.5	7:08	8.4	12:02	2.0	12:54	1.3	7:00	4:37	
26	Fri	7:16	9.8	8:04	8.6	12:57	1.9	1:49	0.9	6:59	4:38	
27	Sat	8:08	10.3	8:54	9.0	1:51	1.7	2:39	0.4	6:58	4:39	
28	Sun	8:57	10.8	9:39	9.5	2:41	1.3	3:26	-0.1	6:57	4:41	
29	Mon	9:44	11.3	10:23	10.0	3:30	0.8	4:12	-0.6	6:56	4:42	
30	Tue	10:30	11.7	11:07	10.5	4:18	0.3	4:56	-1.0	6:55	4:44	
31	Wed	11:16	11.9	11:51	11.0	5:05	-0.2	5:40	-1.3	6:54	4:45	