

































Rockland, ME - Dec 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:31	10.6	3:48	10.9	9:31	0.3	10:07	-0.5	6:51	3:59	
2	Mon	4:33	10.5	4:54	10.4	10:37	0.5	11:07	-0.1	6:52	3:59	
3	Tue	5:33	10.5	5:58	10.1	11:42	0.5			6:53	3:58	
4	Wed	6:31	10.6	6:59	9.8	12:05	0.3	12:44	0.5	6:54	3:58	
5	Thu	7:25	10.6	7:55	9.6	1:01	0.6	1:42	0.4	6:55	3:58	
6	Fri	8:15	10.7	8:47	9.5	1:54	0.8	2:34	0.2	6:56	3:58	
7	Sat	9:02	10.7	9:35	9.5	2:42	1.0	3:21	0.2	6:57	3:58	
8	Sun	9:45	10.6	10:19	9.4	3:26	1.2	4:04	0.1	6:58	3:58	
9	Mon	10:25	10.6	11:01	9.3	4:07	1.3	4:44	0.1	6:59	3:57	
10	Tue	11:01	10.5	11:39	9.2	4:45	1.4	5:21	0.2	7:00	3:58	
11	Wed	11:34	10.3			5:21	1.5	5:57	0.2	7:01	3:58	
12	Thu	12:14	9.1	12:06	10.2	5:58	1.6	6:33	0.3	7:02	3:58	
13	Fri	12:47	9.1	12:38	10.1	6:35	1.6	7:09	0.4	7:03	3:58	
14	Sat	1:20	9.1	1:15	10.0	7:14	1.7	7:47	0.5	7:03	3:58	
15	Sun	1:56	9.1	1:56	9.8	7:56	1.7	8:27	0.6	7:04	3:58	
16	Mon	2:36	9.2	2:42	9.7	8:42	1.7	9:11	0.7	7:05	3:58	
17	Tue	3:21	9.4	3:33	9.5	9:34	1.5	9:58	0.8	7:05	3:59	
18	Wed	4:11	9.7	4:29	9.4	10:30	1.3	10:50	0.8	7:06	3:59	
19	Thu	5:04	10.0	5:30	9.4	11:29	0.9	11:45	0.8	7:07	4:00	
20	Fri	6:00	10.5	6:34	9.5			12:29	0.4	7:07	4:00	
21	Sat	6:58	11.0	7:38	9.8	12:42	0.6	1:29	-0.2	7:08	4:00	
22	Sun	7:56	11.6	8:39	10.1	1:39	0.4	2:27	-0.8	7:08	4:01	
23	Mon	8:52	12.1	9:37	10.5	2:36	0.1	3:23	-1.4	7:09	4:01	
24	Tue	9:48	12.5	10:33	10.8	3:32	-0.2	4:18	-1.8	7:09	4:02	
25	Wed	10:43	12.7	11:27	11.1	4:27	-0.5	5:11	-2.0	7:09	4:03	
26	Thu	11:38	12.8			5:22	-0.6	6:04	-2.0	7:10	4:03	
27	Fri	12:21	11.2	12:32	12.5	6:17	-0.6	6:57	-1.8	7:10	4:04	
28	Sat	1:15	11.2	1:28	12.1	7:13	-0.5	7:49	-1.4	7:10	4:05	
29	Sun	2:10	11.1	2:25	11.4	8:10	-0.2	8:43	-0.9	7:11	4:06	
30	Mon	3:05	10.9	3:25	10.8	9:09	0.1	9:37	-0.3	7:11	4:06	
31	Tue	4:02	10.7	4:26	10.1	10:10	0.4	10:34	0.2	7:11	4:07	