

































## Rockland, ME - Jan 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:01	10.6	5:29	9.7	11:13	0.6	11:31	0.7	7:11	4:08	
2	Thu	5:58	10.4	6:29	9.3			12:14	0.7	7:11	4:09	
3	Fri	6:53	10.3	7:26	9.1	12:27	1.0	1:12	0.7	7:11	4:10	
4	Sat	7:45	10.3	8:19	9.1	1:21	1.3	2:06	0.6	7:11	4:11	
5	Sun	8:34	10.4	9:08	9.1	2:12	1.4	2:55	0.5	7:11	4:12	
6	Mon	9:19	10.4	9:54	9.2	2:58	1.4	3:39	0.4	7:11	4:13	
7	Tue	10:00	10.4	10:35	9.2	3:41	1.4	4:19	0.3	7:10	4:14	
8	Wed	10:38	10.5	11:13	9.3	4:20	1.3	4:57	0.2	7:10	4:15	
9	Thu	11:12	10.4	11:47	9.3	4:57	1.3	5:32	0.2	7:10	4:16	
10	Fri	11:43	10.4			5:33	1.3	6:06	0.2	7:10	4:17	
11	Sat	12:18	9.4	12:14	10.4	6:10	1.2	6:41	0.2	7:09	4:18	
12	Sun	12:48	9.5	12:50	10.3	6:48	1.2	7:16	0.3	7:09	4:19	
13	Mon	1:22	9.6	1:29	10.1	7:28	1.1	7:54	0.4	7:08	4:21	
14	Tue	2:01	9.8	2:14	10.0	8:13	1.0	8:36	0.5	7:08	4:22	
15	Wed	2:45	10.0	3:04	9.7	9:03	0.9	9:23	0.6	7:08	4:23	
16	Thu	3:35	10.2	4:00	9.6	9:58	0.8	10:16	0.7	7:07	4:24	
17	Fri	4:30	10.4	5:02	9.4	10:59	0.6	11:15	0.8	7:06	4:26	
18	Sat	5:30	10.7	6:11	9.5			12:04	0.2	7:06	4:27	
19	Sun	6:34	11.0	7:21	9.7	12:17	0.7	1:08	-0.2	7:05	4:28	
20	Mon	7:39	11.5	8:26	10.1	1:20	0.5	2:10	-0.8	7:04	4:29	
21	Tue	8:41	12.0	9:26	10.6	2:21	0.1	3:09	-1.3	7:04	4:31	
22	Wed	9:39	12.4	10:21	11.0	3:20	-0.3	4:04	-1.7	7:03	4:32	
23	Thu	10:34	12.6	11:14	11.3	4:16	-0.6	4:57	-1.9	7:02	4:33	
24	Fri	11:28	12.6			5:10	-0.9	5:47	-1.9	7:01	4:35	
25	Sat	12:05	11.5	12:20	12.4	6:03	-0.9	6:37	-1.7	7:00	4:36	
26	Sun	12:55	11.5	1:12	11.9	6:56	-0.8	7:26	-1.2	6:59	4:37	
27	Mon	1:45	11.3	2:04	11.2	7:49	-0.5	8:14	-0.7	6:59	4:39	
28	Tue	2:35	11.0	2:58	10.5	8:43	-0.1	9:04	0.0	6:58	4:40	
29	Wed	3:28	10.7	3:54	9.8	9:38	0.4	9:56	0.6	6:57	4:41	
30	Thu	4:22	10.3	4:53	9.3	10:36	0.7	10:51	1.2	6:55	4:43	
31	Fri	5:18	10.0	5:54	8.9	11:36	1.0	11:47	1.5	6:54	4:44	