

































Rockland, ME - Jul 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:07	9.5	8:26	11.1	2:01	0.2	2:11	0.7	4:57	8:23	
2	Wed	9:08	9.8	9:23	11.7	2:59	-0.3	3:07	0.4	4:57	8:23	
3	Thu	10:07	10.2	10:19	12.1	3:55	-0.9	4:04	0.0	4:58	8:23	
4	Fri	11:04	10.6	11:15	12.5	4:50	-1.4	4:59	-0.3	4:58	8:22	
5	Sat	11:59	11.0			5:44	-1.8	5:55	-0.6	4:59	8:22	
6	Sun	12:10	12.7	12:53	11.3	6:37	-2.0	6:50	-0.8	5:00	8:22	
7	Mon	1:05	12.6	1:47	11.4	7:29	-2.0	7:46	-0.8	5:00	8:21	
8	Tue	2:01	12.3	2:41	11.4	8:22	-1.7	8:43	-0.6	5:01	8:21	
9	Wed	2:58	11.9	3:37	11.3	9:15	-1.3	9:41	-0.4	5:02	8:21	
10	Thu	3:57	11.3	4:33	11.2	10:09	-0.8	10:42	-0.1	5:03	8:20	
11	Fri	4:58	10.6	5:31	11.0	11:05	-0.2	11:44	0.1	5:03	8:20	
12	Sat	6:00	10.1	6:30	10.8			12:03	0.3	5:04	8:19	
13	Sun	7:02	9.6	7:27	10.6	12:46	0.3	1:00	0.7	5:05	8:18	
14	Mon	8:01	9.4	8:22	10.5	1:46	0.4	1:57	1.1	5:06	8:18	
15	Tue	8:57	9.2	9:13	10.5	2:43	0.4	2:51	1.2	5:07	8:17	
16	Wed	9:49	9.2	10:01	10.5	3:35	0.4	3:40	1.3	5:08	8:16	
17	Thu	10:37	9.2	10:46	10.5	4:22	0.4	4:26	1.3	5:09	8:16	
18	Fri	11:20	9.2	11:26	10.5	5:05	0.3	5:07	1.3	5:10	8:15	
19	Sat			12:00	9.3	5:44	0.3	5:46	1.3	5:10	8:14	
20	Sun	12:03	10.4	12:37	9.3	6:21	0.3	6:23	1.3	5:11	8:13	
21	Mon	12:36	10.3	1:10	9.4	6:55	0.3	6:59	1.2	5:12	8:12	
22	Tue	1:07	10.2	1:39	9.4	7:29	0.4	7:36	1.2	5:13	8:11	
23	Wed	1:39	10.1	2:10	9.5	8:03	0.4	8:15	1.2	5:14	8:10	
24	Thu	2:15	10.0	2:45	9.7	8:39	0.5	8:57	1.1	5:15	8:10	
25	Fri	2:57	9.8	3:25	9.8	9:18	0.7	9:43	1.1	5:16	8:09	
26	Sat	3:43	9.6	4:11	10.0	10:02	0.8	10:34	1.0	5:18	8:07	
27	Sun	4:34	9.4	5:02	10.2	10:50	0.9	11:31	0.8	5:19	8:06	
28	Mon	5:32	9.3	5:59	10.4	11:45	1.0			5:20	8:05	
29	Tue	6:36	9.3	7:00	10.7	12:32	0.5	12:44	0.9	5:21	8:04	
30	Wed	7:43	9.5	8:03	11.2	1:35	0.1	1:46	0.7	5:22	8:03	
31	Thu	8:50	9.8	9:06	11.7	2:37	-0.4	2:48	0.3	5:23	8:02	