

































## Rockland, ME - Jan 2032

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:02	9.3	12:57	10.1	6:51	1.4	7:22	0.5	7:11	4:08	
2	Fri	1:34	9.3	1:32	9.8	7:30	1.5	7:59	0.7	7:11	4:09	
3	Sat	2:08	9.2	2:11	9.6	8:12	1.6	8:38	0.9	7:11	4:10	
4	Sun	2:47	9.3	2:56	9.3	8:58	1.6	9:21	1.0	7:11	4:11	
5	Mon	3:30	9.4	3:46	9.1	9:48	1.6	10:08	1.2	7:11	4:12	
6	Tue	4:19	9.5	4:41	9.0	10:43	1.4	10:59	1.3	7:11	4:13	
7	Wed	5:12	9.8	5:41	9.0	11:41	1.1	11:53	1.2	7:10	4:14	
8	Thu	6:07	10.1	6:44	9.2			12:39	0.7	7:10	4:15	
9	Fri	7:04	10.6	7:46	9.5	12:49	1.0	1:37	0.1	7:10	4:16	
10	Sat	8:01	11.2	8:44	9.9	1:46	0.7	2:33	-0.5	7:10	4:17	
11	Sun	8:56	11.8	9:39	10.4	2:41	0.3	3:26	-1.1	7:09	4:18	
12	Mon	9:50	12.3	10:32	10.9	3:35	-0.2	4:18	-1.6	7:09	4:19	
13	Tue	10:43	12.6	11:24	11.3	4:29	-0.6	5:10	-2.0	7:09	4:20	
14	Wed	11:36	12.7			5:22	-0.9	6:01	-2.1	7:08	4:22	
15	Thu	12:16	11.6	12:30	12.6	6:16	-1.0	6:52	-2.0	7:08	4:23	
16	Fri	1:09	11.7	1:25	12.2	7:12	-1.0	7:44	-1.7	7:07	4:24	
17	Sat	2:03	11.6	2:23	11.7	8:09	-0.8	8:38	-1.2	7:07	4:25	
18	Sun	2:59	11.5	3:23	11.0	9:08	-0.5	9:33	-0.6	7:06	4:27	
19	Mon	3:58	11.2	4:27	10.4	10:10	-0.2	10:32	0.0	7:05	4:28	
20	Tue	4:59	11.0	5:32	9.9	11:15	0.1	11:32	0.5	7:05	4:29	
21	Wed	6:00	10.8	6:36	9.6			12:19	0.3	7:04	4:30	
22	Thu	6:59	10.7	7:35	9.4	12:33	0.8	1:20	0.3	7:03	4:32	
23	Fri	7:54	10.6	8:30	9.4	1:31	1.0	2:16	0.3	7:02	4:33	
24	Sat	8:46	10.6	9:20	9.4	2:25	1.1	3:07	0.2	7:01	4:34	
25	Sun	9:33	10.6	10:06	9.5	3:13	1.1	3:52	0.2	7:01	4:36	
26	Mon	10:16	10.6	10:48	9.5	3:57	1.1	4:33	0.2	7:00	4:37	
27	Tue	10:54	10.5	11:26	9.5	4:37	1.1	5:10	0.2	6:59	4:38	
28	Wed	11:29	10.4			5:14	1.1	5:44	0.2	6:58	4:40	
29	Thu	12:00	9.5	12:01	10.3	5:49	1.1	6:17	0.3	6:57	4:41	
30	Fri	12:30	9.6	12:31	10.1	6:25	1.1	6:50	0.4	6:56	4:43	
31	Sat	12:58	9.6	1:03	10.0	7:01	1.1	7:24	0.6	6:55	4:44	