

Rockland, ME - Jan 2023

| Date | | High | | | | Low | | | | ☀️ | | 🌙 |
|------|-----|-------|------|-------|------|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 10:16 | 11.5 | 10:56 | 10.3 | 4:05 | 0.4 | 4:45 | -0.9 | 7:11 | 4:09 | 🌑 |
| 2 | Sun | 11:02 | 11.9 | 11:41 | 10.6 | 4:52 | 0.1 | 5:31 | -1.3 | 7:11 | 4:09 | 🌑 |
| 3 | Mon | 11:49 | 12.0 | | | 5:40 | -0.1 | 6:17 | -1.4 | 7:11 | 4:10 | 🌑 |
| 4 | Tue | 12:29 | 10.9 | 12:39 | 12.0 | 6:30 | -0.3 | 7:06 | -1.5 | 7:11 | 4:11 | 🌑 |
| 5 | Wed | 1:19 | 11.0 | 1:31 | 11.8 | 7:23 | -0.3 | 7:57 | -1.3 | 7:11 | 4:12 | 🌑 |
| 6 | Thu | 2:12 | 11.1 | 2:28 | 11.4 | 8:20 | -0.3 | 8:50 | -1.0 | 7:11 | 4:13 | 🌑 |
| 7 | Fri | 3:09 | 11.2 | 3:30 | 11.0 | 9:20 | -0.2 | 9:47 | -0.6 | 7:10 | 4:14 | 🌑 |
| 8 | Sat | 4:10 | 11.2 | 4:37 | 10.5 | 10:24 | -0.1 | 10:47 | -0.3 | 7:10 | 4:16 | 🌑 |
| 9 | Sun | 5:14 | 11.2 | 5:47 | 10.2 | 11:30 | -0.1 | 11:50 | 0.1 | 7:10 | 4:17 | 🌑 |
| 10 | Mon | 6:18 | 11.2 | 6:54 | 10.0 | | | 12:36 | -0.2 | 7:09 | 4:18 | 🌑 |
| 11 | Tue | 7:19 | 11.3 | 7:56 | 10.0 | 12:52 | 0.3 | 1:39 | -0.3 | 7:09 | 4:19 | 🌑 |
| 12 | Wed | 8:16 | 11.4 | 8:54 | 10.0 | 1:52 | 0.4 | 2:37 | -0.5 | 7:09 | 4:20 | 🌑 |
| 13 | Thu | 9:10 | 11.4 | 9:46 | 10.1 | 2:48 | 0.4 | 3:31 | -0.6 | 7:08 | 4:21 | 🌑 |
| 14 | Fri | 9:59 | 11.4 | 10:35 | 10.1 | 3:39 | 0.5 | 4:19 | -0.6 | 7:08 | 4:22 | 🌑 |
| 15 | Sat | 10:45 | 11.3 | 11:19 | 10.0 | 4:27 | 0.5 | 5:03 | -0.5 | 7:07 | 4:24 | 🌑 |
| 16 | Sun | 11:27 | 11.1 | | | 5:10 | 0.6 | 5:44 | -0.3 | 7:07 | 4:25 | 🌑 |
| 17 | Mon | 12:01 | 9.9 | 12:07 | 10.8 | 5:51 | 0.8 | 6:22 | -0.1 | 7:06 | 4:26 | 🌑 |
| 18 | Tue | 12:40 | 9.8 | 12:43 | 10.5 | 6:30 | 0.9 | 6:59 | 0.1 | 7:05 | 4:27 | 🌑 |
| 19 | Wed | 1:16 | 9.7 | 1:18 | 10.1 | 7:09 | 1.1 | 7:35 | 0.4 | 7:05 | 4:29 | 🌑 |
| 20 | Thu | 1:50 | 9.5 | 1:53 | 9.8 | 7:49 | 1.3 | 8:13 | 0.7 | 7:04 | 4:30 | 🌑 |
| 21 | Fri | 2:25 | 9.4 | 2:32 | 9.4 | 8:31 | 1.4 | 8:53 | 1.0 | 7:03 | 4:31 | 🌑 |
| 22 | Sat | 3:04 | 9.4 | 3:17 | 9.1 | 9:18 | 1.5 | 9:36 | 1.3 | 7:02 | 4:33 | 🌑 |
| 23 | Sun | 3:47 | 9.3 | 4:08 | 8.8 | 10:09 | 1.6 | 10:24 | 1.5 | 7:02 | 4:34 | 🌑 |
| 24 | Mon | 4:36 | 9.4 | 5:04 | 8.7 | 11:03 | 1.5 | 11:16 | 1.6 | 7:01 | 4:35 | 🌑 |
| 25 | Tue | 5:30 | 9.5 | 6:05 | 8.7 | | | 12:00 | 1.3 | 7:00 | 4:37 | 🌑 |
| 26 | Wed | 6:26 | 9.8 | 7:07 | 8.8 | 12:10 | 1.6 | 12:57 | 1.0 | 6:59 | 4:38 | 🌑 |
| 27 | Thu | 7:21 | 10.2 | 8:03 | 9.2 | 1:05 | 1.4 | 1:52 | 0.5 | 6:58 | 4:39 | 🌑 |
| 28 | Fri | 8:14 | 10.8 | 8:56 | 9.7 | 1:59 | 1.0 | 2:44 | -0.1 | 6:57 | 4:41 | 🌑 |
| 29 | Sat | 9:05 | 11.3 | 9:45 | 10.2 | 2:51 | 0.6 | 3:33 | -0.7 | 6:56 | 4:42 | 🌑 |
| 30 | Sun | 9:55 | 11.8 | 10:33 | 10.7 | 3:42 | 0.1 | 4:21 | -1.2 | 6:55 | 4:44 | 🌑 |
| 31 | Mon | 10:44 | 12.2 | 11:21 | 11.2 | 4:32 | -0.4 | 5:09 | -1.6 | 6:54 | 4:45 | 🌑 |