



Rockland, ME - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:28	12.3	10:59	11.8	4:14	-1.0	4:46	-1.7	6:12	5:24	☀
2	Wed	11:20	12.5	11:48	12.2	5:06	-1.4	5:35	-1.8	6:10	5:26	☀
3	Thu			12:12	12.4	5:58	-1.7	6:24	-1.7	6:08	5:27	☀
4	Fri	12:38	12.3	1:06	12.0	6:51	-1.7	7:15	-1.4	6:07	5:28	☀
5	Sat	1:31	12.2	2:02	11.5	7:47	-1.5	8:08	-0.9	6:05	5:30	☀
6	Sun	2:26	11.9	3:02	10.9	8:44	-1.1	9:05	-0.3	6:03	5:31	☀
7	Mon	3:25	11.5	4:05	10.3	9:45	-0.6	10:05	0.3	6:01	5:32	☀
8	Tue	4:29	11.0	5:12	9.9	10:49	-0.2	11:09	0.8	6:00	5:34	☀
9	Wed	5:34	10.7	6:16	9.6	11:55	0.1			5:58	5:35	☀
10	Thu	6:38	10.5	7:17	9.6	12:14	1.0	12:58	0.3	5:56	5:36	☀
11	Fri	7:36	10.4	8:12	9.7	1:16	1.1	1:56	0.3	5:54	5:37	☀
12	Sat	8:30	10.4	9:02	9.8	2:12	1.0	2:47	0.3	5:52	5:39	☀
13	Sun	10:19	10.5	10:47	9.9	4:02	0.9	4:32	0.3	6:51	6:40	☀
14	Mon	11:03	10.4	11:28	10.0	4:47	0.7	5:12	0.3	6:49	6:41	☀
15	Tue	11:43	10.4			5:26	0.6	5:49	0.4	6:47	6:42	☀
16	Wed	12:04	10.0	12:19	10.2	6:03	0.6	6:22	0.5	6:45	6:44	☀
17	Thu	12:37	10.0	12:52	10.1	6:38	0.5	6:55	0.6	6:43	6:45	☀
18	Fri	1:05	10.0	1:22	9.9	7:13	0.5	7:27	0.8	6:42	6:46	☀
19	Sat	1:32	10.0	1:53	9.7	7:48	0.6	8:01	1.0	6:40	6:47	☀
20	Sun	2:03	10.0	2:28	9.5	8:25	0.6	8:38	1.2	6:38	6:49	☀
21	Mon	2:40	9.9	3:09	9.3	9:07	0.7	9:19	1.4	6:36	6:50	☀
22	Tue	3:23	9.9	3:56	9.1	9:53	0.8	10:05	1.5	6:34	6:51	☀
23	Wed	4:12	9.9	4:49	9.0	10:45	0.8	10:59	1.6	6:32	6:52	☀
24	Thu	5:07	9.9	5:49	9.1	11:43	0.8	11:59	1.5	6:31	6:53	☀
25	Fri	6:08	10.1	6:54	9.3			12:44	0.5	6:29	6:55	☀
26	Sat	7:13	10.4	7:59	9.8	1:02	1.2	1:45	0.1	6:27	6:56	☀
27	Sun	8:18	10.8	8:59	10.4	2:05	0.6	2:43	-0.3	6:25	6:57	☀
28	Mon	9:19	11.3	9:54	11.1	3:05	0.0	3:38	-0.8	6:23	6:58	☀
29	Tue	10:17	11.8	10:46	11.8	4:02	-0.8	4:31	-1.3	6:21	7:00	☀
30	Wed	11:11	12.1	11:36	12.3	4:56	-1.4	5:22	-1.5	6:20	7:01	☀
31	Thu			12:05	12.2	5:49	-1.8	6:12	-1.5	6:18	7:02	☀