

Rockland, ME - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:19	11.3	3:03	10.1	8:41	-0.7	8:54	0.8	4:55	8:12	
2	Thu	3:10	10.8	3:54	9.8	9:30	-0.3	9:46	1.1	4:55	8:13	
3	Fri	4:01	10.3	4:45	9.6	10:19	0.2	10:39	1.4	4:54	8:14	
4	Sat	4:55	9.8	5:37	9.5	11:10	0.6	11:35	1.6	4:54	8:15	
5	Sun	5:50	9.4	6:29	9.4			12:01	0.9	4:54	8:15	
6	Mon	6:46	9.2	7:20	9.5	12:30	1.6	12:51	1.1	4:53	8:16	
7	Tue	7:41	9.0	8:08	9.7	1:25	1.5	1:41	1.3	4:53	8:17	
8	Wed	8:33	9.0	8:53	9.9	2:17	1.2	2:28	1.3	4:53	8:17	
9	Thu	9:22	9.1	9:35	10.1	3:05	1.0	3:13	1.3	4:53	8:18	
10	Fri	10:07	9.2	10:15	10.3	3:51	0.7	3:56	1.2	4:52	8:19	
11	Sat	10:49	9.3	10:51	10.5	4:33	0.4	4:37	1.1	4:52	8:19	
12	Sun	11:29	9.5	11:28	10.8	5:14	0.1	5:18	1.0	4:52	8:20	
13	Mon			12:07	9.6	5:55	-0.2	5:58	0.9	4:52	8:20	
14	Tue	12:05	11.0	12:45	9.8	6:35	-0.4	6:40	0.8	4:52	8:21	
15	Wed	12:46	11.1	1:27	9.9	7:18	-0.6	7:25	0.7	4:52	8:21	
16	Thu	1:30	11.2	2:11	10.1	8:02	-0.7	8:13	0.6	4:52	8:21	
17	Fri	2:18	11.2	3:00	10.3	8:49	-0.7	9:06	0.5	4:52	8:22	
18	Sat	3:10	11.0	3:53	10.5	9:40	-0.6	10:02	0.4	4:52	8:22	
19	Sun	4:07	10.8	4:51	10.6	10:34	-0.5	11:04	0.3	4:52	8:22	
20	Mon	5:10	10.6	5:52	10.9	11:31	-0.4			4:53	8:23	
21	Tue	6:17	10.4	6:55	11.1	12:08	0.1	12:31	-0.2	4:53	8:23	
22	Wed	7:26	10.3	7:56	11.4	1:12	-0.2	1:31	-0.2	4:53	8:23	
23	Thu	8:32	10.4	8:56	11.7	2:16	-0.5	2:31	-0.1	4:53	8:23	
24	Fri	9:34	10.4	9:52	11.9	3:16	-0.8	3:29	-0.1	4:54	8:23	
25	Sat	10:31	10.5	10:45	12.0	4:13	-1.1	4:24	-0.1	4:54	8:23	
26	Sun	11:24	10.6	11:36	12.0	5:07	-1.2	5:16	0.0	4:54	8:23	
27	Mon			12:15	10.5	5:57	-1.2	6:06	0.1	4:55	8:23	
28	Tue	12:25	11.8	1:03	10.4	6:45	-1.0	6:54	0.3	4:55	8:23	
29	Wed	1:11	11.4	1:50	10.2	7:31	-0.8	7:40	0.6	4:56	8:23	
30	Thu	1:56	11.0	2:35	10.0	8:15	-0.4	8:26	0.9	4:56	8:23	