

































## Rockland, ME - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:40	10.5	3:20	9.7	8:58	0.0	9:12	1.2	4:57	8:23	
2	Sat	3:25	10.1	4:04	9.6	9:41	0.4	10:00	1.4	4:57	8:23	
3	Sun	4:11	9.6	4:50	9.4	10:26	0.8	10:50	1.5	4:58	8:23	
4	Mon	5:00	9.2	5:37	9.4	11:12	1.1	11:43	1.6	4:59	8:22	
5	Tue	5:53	8.9	6:26	9.4			12:00	1.3	4:59	8:22	
6	Wed	6:49	8.8	7:16	9.5	12:37	1.5	12:50	1.5	5:00	8:22	
7	Thu	7:45	8.7	8:04	9.7	1:31	1.4	1:40	1.5	5:01	8:21	
8	Fri	8:39	8.8	8:51	10.0	2:23	1.1	2:29	1.5	5:02	8:21	
9	Sat	9:28	9.0	9:35	10.3	3:13	0.8	3:17	1.3	5:02	8:20	
10	Sun	10:14	9.2	10:18	10.7	3:59	0.4	4:03	1.1	5:03	8:20	
11	Mon	10:57	9.5	11:00	11.0	4:44	0.0	4:48	0.8	5:04	8:19	
12	Tue	11:39	9.9	11:43	11.4	5:27	-0.4	5:33	0.5	5:05	8:19	
13	Wed			12:21	10.2	6:11	-0.8	6:19	0.2	5:06	8:18	
14	Thu	12:27	11.6	1:05	10.5	6:55	-1.0	7:06	0.0	5:06	8:17	
15	Fri	1:14	11.7	1:52	10.8	7:41	-1.1	7:57	-0.2	5:07	8:17	
16	Sat	2:04	11.6	2:41	11.0	8:29	-1.1	8:50	-0.2	5:08	8:16	
17	Sun	2:57	11.4	3:34	11.1	9:20	-0.9	9:47	-0.3	5:09	8:15	
18	Mon	3:55	11.0	4:32	11.2	10:14	-0.7	10:48	-0.2	5:10	8:14	
19	Tue	4:58	10.6	5:33	11.2	11:11	-0.4	11:52	-0.2	5:11	8:14	
20	Wed	6:06	10.3	6:38	11.3			12:12	-0.1	5:12	8:13	
21	Thu	7:15	10.1	7:41	11.4	12:58	-0.3	1:15	0.1	5:13	8:12	
22	Fri	8:21	10.1	8:42	11.5	2:03	-0.4	2:17	0.3	5:14	8:11	
23	Sat	9:22	10.1	9:39	11.6	3:04	-0.6	3:16	0.3	5:15	8:10	
24	Sun	10:18	10.2	10:33	11.6	4:01	-0.7	4:11	0.3	5:16	8:09	
25	Mon	11:09	10.3	11:22	11.5	4:53	-0.8	5:02	0.3	5:17	8:08	
26	Tue	11:57	10.3			5:41	-0.7	5:50	0.4	5:18	8:07	
27	Wed	12:08	11.3	12:42	10.2	6:25	-0.6	6:34	0.5	5:19	8:06	
28	Thu	12:51	11.0	1:24	10.1	7:06	-0.3	7:16	0.7	5:20	8:05	
29	Fri	1:32	10.7	2:03	9.9	7:45	0.0	7:57	0.9	5:21	8:04	
30	Sat	2:10	10.3	2:41	9.7	8:23	0.3	8:38	1.0	5:22	8:02	
31	Sun	2:47	9.9	3:17	9.6	9:01	0.6	9:20	1.2	5:23	8:01	