































Rockland, ME - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:26	9.5	3:55	9.5	9:41	1.0	10:06	1.4	5:25	8:00	
2	Tue	4:09	9.2	4:37	9.4	10:24	1.3	10:55	1.5	5:26	7:59	
3	Wed	4:58	8.8	5:24	9.4	11:11	1.5	11:48	1.5	5:27	7:57	
4	Thu	5:53	8.6	6:16	9.4			12:01	1.7	5:28	7:56	
5	Fri	6:53	8.6	7:11	9.6	12:44	1.4	12:54	1.7	5:29	7:55	
6	Sat	7:52	8.7	8:05	9.9	1:40	1.2	1:48	1.6	5:30	7:54	
7	Sun	8:47	9.0	8:57	10.4	2:34	0.8	2:41	1.3	5:31	7:52	
8	Mon	9:37	9.4	9:46	10.8	3:24	0.3	3:31	0.9	5:32	7:51	
9	Tue	10:25	9.8	10:34	11.3	4:12	-0.2	4:21	0.4	5:33	7:49	
10	Wed	11:10	10.4	11:21	11.7	4:59	-0.7	5:09	0.0	5:35	7:48	
11	Thu	11:55	10.8			5:45	-1.1	5:58	-0.5	5:36	7:46	
12	Fri	12:09	12.0	12:42	11.3	6:31	-1.3	6:48	-0.8	5:37	7:45	
13	Sat	12:58	12.0	1:29	11.6	7:18	-1.4	7:39	-1.0	5:38	7:43	
14	Sun	1:49	11.9	2:20	11.7	8:07	-1.3	8:33	-1.0	5:39	7:42	
15	Mon	2:44	11.6	3:14	11.7	8:59	-1.0	9:31	-0.9	5:40	7:40	
16	Tue	3:42	11.1	4:12	11.5	9:54	-0.6	10:31	-0.7	5:41	7:39	
17	Wed	4:46	10.6	5:15	11.3	10:52	-0.2	11:36	-0.4	5:43	7:37	
18	Thu	5:55	10.2	6:21	11.2	11:55	0.2			5:44	7:36	
19	Fri	7:03	10.0	7:26	11.1	12:42	-0.3	1:00	0.5	5:45	7:34	
20	Sat	8:07	9.9	8:28	11.1	1:48	-0.2	2:04	0.6	5:46	7:32	
21	Sun	9:07	10.0	9:25	11.1	2:49	-0.3	3:04	0.5	5:47	7:31	
22	Mon	10:01	10.1	10:17	11.1	3:45	-0.3	3:58	0.5	5:48	7:29	
23	Tue	10:50	10.2	11:05	11.1	4:35	-0.3	4:47	0.4	5:49	7:27	
24	Wed	11:35	10.2	11:49	10.9	5:20	-0.3	5:32	0.4	5:51	7:26	
25	Thu			12:16	10.2	6:00	-0.1	6:12	0.5	5:52	7:24	
26	Fri	12:29	10.7	12:54	10.1	6:38	0.1	6:50	0.6	5:53	7:22	
27	Sat	1:06	10.4	1:28	10.0	7:13	0.3	7:27	0.7	5:54	7:21	
28	Sun	1:40	10.1	1:59	9.8	7:47	0.6	8:04	0.8	5:55	7:19	
29	Mon	2:13	9.7	2:30	9.7	8:22	0.9	8:43	1.0	5:56	7:17	
30	Tue	2:48	9.4	3:05	9.6	8:59	1.2	9:26	1.1	5:57	7:15	
31	Wed	3:28	9.1	3:45	9.5	9:40	1.5	10:12	1.3	5:59	7:14	