






























Rockland, ME - Sep 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:14	8.9	4:32	9.4	10:26	1.7	11:04	1.3	6:00	7:12	
2	Fri	5:06	8.7	5:25	9.5	11:17	1.8			6:01	7:10	
3	Sat	6:05	8.6	6:23	9.6	12:00	1.3	12:13	1.8	6:02	7:08	
4	Sun	7:08	8.8	7:23	9.9	12:58	1.1	1:11	1.6	6:03	7:06	
5	Mon	8:08	9.2	8:21	10.4	1:55	0.7	2:08	1.2	6:04	7:05	
6	Tue	9:03	9.7	9:17	10.9	2:49	0.2	3:03	0.6	6:05	7:03	
7	Wed	9:53	10.3	10:09	11.5	3:41	-0.4	3:56	0.0	6:07	7:01	
8	Thu	10:42	11.0	11:00	11.9	4:30	-0.9	4:47	-0.7	6:08	6:59	
9	Fri	11:29	11.6	11:51	12.1	5:18	-1.3	5:38	-1.2	6:09	6:57	
10	Sat			12:17	12.0	6:06	-1.5	6:30	-1.6	6:10	6:55	
11	Sun	12:42	12.2	1:06	12.2	6:55	-1.5	7:22	-1.7	6:11	6:54	
12	Mon	1:35	12.0	1:58	12.3	7:45	-1.3	8:16	-1.6	6:12	6:52	
13	Tue	2:30	11.6	2:52	12.1	8:37	-0.9	9:13	-1.3	6:13	6:50	
14	Wed	3:29	11.1	3:51	11.7	9:33	-0.4	10:14	-0.9	6:15	6:48	
15	Thu	4:33	10.5	4:55	11.3	10:33	0.1	11:18	-0.5	6:16	6:46	
16	Fri	5:40	10.1	6:02	11.0	11:38	0.5			6:17	6:44	
17	Sat	6:47	9.9	7:08	10.8	12:24	-0.2	12:44	0.8	6:18	6:43	
18	Sun	7:49	9.9	8:09	10.7	1:28	0.0	1:49	0.8	6:19	6:41	
19	Mon	8:46	10.0	9:06	10.7	2:28	0.0	2:48	0.7	6:20	6:39	
20	Tue	9:38	10.1	9:57	10.6	3:22	0.0	3:41	0.6	6:21	6:37	
21	Wed	10:25	10.2	10:43	10.6	4:10	0.1	4:28	0.5	6:23	6:35	
22	Thu	11:08	10.3	11:26	10.5	4:53	0.1	5:10	0.4	6:24	6:33	
23	Fri	11:47	10.2			5:31	0.3	5:48	0.4	6:25	6:31	
24	Sat	12:05	10.3	12:22	10.2	6:06	0.5	6:24	0.4	6:26	6:29	
25	Sun	12:40	10.1	12:52	10.1	6:40	0.7	6:59	0.5	6:27	6:28	
26	Mon	1:12	9.8	1:20	10.0	7:13	0.9	7:35	0.6	6:28	6:26	
27	Tue	1:43	9.6	1:49	9.9	7:46	1.1	8:12	0.7	6:30	6:24	
28	Wed	2:16	9.3	2:24	9.8	8:23	1.4	8:52	0.8	6:31	6:22	
29	Thu	2:55	9.1	3:05	9.7	9:03	1.6	9:36	1.0	6:32	6:20	
30	Fri	3:40	8.9	3:52	9.6	9:48	1.8	10:26	1.0	6:33	6:18	