


































## Rockland, ME - Oct 2023

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sat | 4:31  | 8.8  | 4:45  | 9.6  | 10:40 | 1.8  | 11:22 | 1.0  | 6:34  | 6:17 |    |
| 2    | Sun | 5:29  | 8.8  | 5:44  | 9.7  | 11:38 | 1.8  |       |      | 6:35  | 6:15 |    |
| 3    | Mon | 6:31  | 9.1  | 6:47  | 10.0 | 12:20 | 0.8  | 12:39 | 1.5  | 6:37  | 6:13 |    |
| 4    | Tue | 7:33  | 9.5  | 7:50  | 10.4 | 1:19  | 0.5  | 1:40  | 1.0  | 6:38  | 6:11 |    |
| 5    | Wed | 8:31  | 10.2 | 8:50  | 10.9 | 2:16  | 0.0  | 2:38  | 0.3  | 6:39  | 6:09 |    |
| 6    | Thu | 9:24  | 10.9 | 9:47  | 11.4 | 3:10  | -0.5 | 3:34  | -0.5 | 6:40  | 6:08 |    |
| 7    | Fri | 10:15 | 11.6 | 10:41 | 11.8 | 4:01  | -0.9 | 4:28  | -1.2 | 6:41  | 6:06 |    |
| 8    | Sat | 11:05 | 12.2 | 11:34 | 12.0 | 4:52  | -1.3 | 5:20  | -1.7 | 6:43  | 6:04 |    |
| 9    | Sun | 11:55 | 12.5 |       |      | 5:42  | -1.4 | 6:12  | -2.0 | 6:44  | 6:02 |    |
| 10   | Mon | 12:27 | 12.0 | 12:45 | 12.7 | 6:32  | -1.3 | 7:05  | -2.1 | 6:45  | 6:00 |    |
| 11   | Tue | 1:21  | 11.8 | 1:37  | 12.5 | 7:23  | -1.1 | 7:59  | -1.9 | 6:46  | 5:59 |    |
| 12   | Wed | 2:16  | 11.4 | 2:32  | 12.2 | 8:17  | -0.7 | 8:55  | -1.5 | 6:48  | 5:57 |   |
| 13   | Thu | 3:15  | 10.9 | 3:30  | 11.7 | 9:13  | -0.1 | 9:54  | -1.0 | 6:49  | 5:55 |  |
| 14   | Fri | 4:17  | 10.4 | 4:33  | 11.1 | 10:13 | 0.4  | 10:56 | -0.5 | 6:50  | 5:54 |  |
| 15   | Sat | 5:21  | 10.1 | 5:39  | 10.7 | 11:17 | 0.8  | 11:59 | -0.1 | 6:51  | 5:52 |  |
| 16   | Sun | 6:24  | 9.9  | 6:43  | 10.4 |       |      | 12:23 | 1.0  | 6:53  | 5:50 |  |
| 17   | Mon | 7:24  | 9.8  | 7:44  | 10.2 | 1:01  | 0.2  | 1:26  | 1.0  | 6:54  | 5:49 |  |
| 18   | Tue | 8:19  | 9.9  | 8:40  | 10.1 | 1:59  | 0.4  | 2:24  | 0.9  | 6:55  | 5:47 |  |
| 19   | Wed | 9:10  | 10.1 | 9:30  | 10.1 | 2:51  | 0.4  | 3:16  | 0.8  | 6:56  | 5:45 |  |
| 20   | Thu | 9:56  | 10.2 | 10:17 | 10.1 | 3:38  | 0.5  | 4:02  | 0.6  | 6:58  | 5:44 |  |
| 21   | Fri | 10:37 | 10.3 | 10:59 | 10.0 | 4:20  | 0.6  | 4:44  | 0.4  | 6:59  | 5:42 |  |
| 22   | Sat | 11:15 | 10.3 | 11:38 | 9.9  | 4:58  | 0.7  | 5:22  | 0.3  | 7:00  | 5:40 |  |
| 23   | Sun | 11:49 | 10.3 |       |      | 5:34  | 0.8  | 5:58  | 0.3  | 7:01  | 5:39 |  |
| 24   | Mon | 12:14 | 9.8  | 12:19 | 10.3 | 6:07  | 0.9  | 6:33  | 0.3  | 7:03  | 5:37 |  |
| 25   | Tue | 12:47 | 9.6  | 12:47 | 10.2 | 6:41  | 1.1  | 7:08  | 0.3  | 7:04  | 5:36 |  |
| 26   | Wed | 1:18  | 9.4  | 1:17  | 10.2 | 7:15  | 1.3  | 7:45  | 0.4  | 7:05  | 5:34 |  |
| 27   | Thu | 1:51  | 9.3  | 1:53  | 10.1 | 7:52  | 1.4  | 8:25  | 0.5  | 7:07  | 5:33 |  |
| 28   | Fri | 2:29  | 9.2  | 2:35  | 10.0 | 8:33  | 1.6  | 9:08  | 0.6  | 7:08  | 5:31 |  |
| 29   | Sat | 3:14  | 9.1  | 3:22  | 10.0 | 9:19  | 1.6  | 9:57  | 0.6  | 7:09  | 5:30 |  |
| 30   | Sun | 4:04  | 9.1  | 4:15  | 9.9  | 10:11 | 1.7  | 10:50 | 0.6  | 7:11  | 5:28 |  |
| 31   | Mon | 5:00  | 9.2  | 5:13  | 9.9  | 11:10 | 1.5  | 11:48 | 0.5  | 7:12  | 5:27 |  |