
































Rockland, ME - Nov 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:01	9.5	6:17	10.1			12:12	1.2	7:13	5:26	
2	Wed	7:03	10.0	7:23	10.4	12:47	0.2	1:15	0.7	7:15	5:24	
3	Thu	8:02	10.7	8:27	10.7	1:45	-0.1	2:16	0.0	7:16	5:23	
4	Fri	8:59	11.3	9:28	11.1	2:41	-0.5	3:14	-0.7	7:17	5:22	
5	Sat	9:52	12.0	10:25	11.4	3:36	-0.8	4:10	-1.4	7:19	5:20	
6	Sun	9:44	12.5	10:19	11.6	3:28	-1.0	4:04	-1.9	6:20	4:19	
7	Mon	10:35	12.8	11:13	11.6	4:20	-1.1	4:57	-2.2	6:21	4:18	
8	Tue	11:27	12.8			5:12	-1.0	5:50	-2.2	6:23	4:17	
9	Wed	12:07	11.4	12:19	12.5	6:04	-0.7	6:43	-1.9	6:24	4:16	
10	Thu	1:02	11.1	1:13	12.1	6:57	-0.3	7:37	-1.5	6:25	4:15	
11	Fri	1:58	10.7	2:09	11.5	7:52	0.1	8:32	-0.9	6:27	4:13	
12	Sat	2:56	10.3	3:08	10.9	8:50	0.6	9:29	-0.4	6:28	4:12	
13	Sun	3:55	10.0	4:10	10.4	9:51	1.0	10:28	0.1	6:29	4:11	
14	Mon	4:54	9.8	5:11	10.0	10:53	1.2	11:25	0.5	6:30	4:10	
15	Tue	5:51	9.8	6:11	9.7	11:54	1.3			6:32	4:09	
16	Wed	6:45	9.8	7:06	9.6	12:21	0.7	12:52	1.2	6:33	4:08	
17	Thu	7:35	9.9	7:58	9.5	1:12	0.8	1:44	1.0	6:34	4:08	
18	Fri	8:21	10.1	8:46	9.5	2:00	0.9	2:31	0.8	6:36	4:07	
19	Sat	9:03	10.2	9:30	9.5	2:43	1.0	3:14	0.5	6:37	4:06	
20	Sun	9:42	10.3	10:11	9.5	3:23	1.0	3:54	0.4	6:38	4:05	
21	Mon	10:17	10.4	10:48	9.5	4:00	1.1	4:32	0.2	6:39	4:04	
22	Tue	10:48	10.4	11:23	9.5	4:36	1.1	5:09	0.1	6:41	4:04	
23	Wed	11:19	10.5	11:56	9.4	5:12	1.2	5:45	0.1	6:42	4:03	
24	Thu	11:52	10.5			5:48	1.2	6:22	0.1	6:43	4:02	
25	Fri	12:30	9.4	12:29	10.5	6:27	1.3	7:02	0.1	6:44	4:02	
26	Sat	1:08	9.4	1:11	10.5	7:09	1.3	7:45	0.1	6:46	4:01	
27	Sun	1:52	9.5	1:59	10.4	7:56	1.3	8:32	0.1	6:47	4:01	
28	Mon	2:41	9.6	2:51	10.3	8:48	1.2	9:24	0.1	6:48	4:00	
29	Tue	3:36	9.8	3:50	10.2	9:47	1.1	10:19	0.1	6:49	4:00	
30	Wed	4:35	10.1	4:53	10.2	10:49	0.8	11:18	0.0	6:50	3:59	