

































Rockland, ME - Dec 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:36	10.5	6:01	10.3	11:54	0.4			6:51	3:59	
2	Fri	6:38	11.0	7:09	10.5	12:18	-0.1	12:57	-0.2	6:52	3:59	
3	Sat	7:37	11.6	8:12	10.7	1:16	-0.3	1:58	-0.8	6:54	3:58	
4	Sun	8:34	12.1	9:11	11.0	2:14	-0.5	2:55	-1.4	6:55	3:58	
5	Mon	9:28	12.5	10:07	11.1	3:09	-0.6	3:50	-1.8	6:56	3:58	
6	Tue	10:21	12.6	11:01	11.2	4:02	-0.7	4:44	-1.9	6:57	3:58	
7	Wed	11:12	12.6	11:54	11.1	4:55	-0.6	5:35	-1.9	6:58	3:58	
8	Thu			12:03	12.3	5:47	-0.4	6:26	-1.7	6:58	3:58	
9	Fri	12:46	10.9	12:54	11.9	6:38	-0.1	7:17	-1.2	6:59	3:57	
10	Sat	1:37	10.6	1:46	11.3	7:30	0.3	8:07	-0.7	7:00	3:58	
11	Sun	2:30	10.3	2:39	10.7	8:23	0.7	8:58	-0.2	7:01	3:58	
12	Mon	3:23	10.0	3:34	10.1	9:18	1.1	9:49	0.3	7:02	3:58	
13	Tue	4:16	9.7	4:31	9.6	10:15	1.3	10:42	0.7	7:03	3:58	
14	Wed	5:10	9.6	5:29	9.3	11:13	1.5	11:34	1.1	7:04	3:58	
15	Thu	6:03	9.6	6:26	9.1			12:10	1.4	7:04	3:58	
16	Fri	6:53	9.7	7:20	9.0	12:26	1.3	1:04	1.3	7:05	3:59	
17	Sat	7:41	9.9	8:10	9.0	1:15	1.3	1:54	1.0	7:06	3:59	
18	Sun	8:26	10.1	8:57	9.1	2:02	1.4	2:41	0.8	7:06	3:59	
19	Mon	9:07	10.2	9:41	9.2	2:46	1.3	3:24	0.5	7:07	4:00	
20	Tue	9:45	10.4	10:20	9.3	3:27	1.2	4:04	0.2	7:07	4:00	
21	Wed	10:20	10.6	10:57	9.5	4:07	1.2	4:43	0.0	7:08	4:01	
22	Thu	10:54	10.7	11:33	9.6	4:45	1.1	5:21	-0.2	7:08	4:01	
23	Fri	11:30	10.9			5:25	1.0	6:00	-0.3	7:09	4:02	
24	Sat	12:09	9.8	12:10	11.0	6:06	0.8	6:41	-0.4	7:09	4:02	
25	Sun	12:48	9.9	12:53	11.0	6:49	0.7	7:24	-0.5	7:10	4:03	
26	Mon	1:32	10.1	1:41	10.9	7:37	0.7	8:10	-0.4	7:10	4:04	
27	Tue	2:20	10.3	2:33	10.7	8:30	0.6	9:00	-0.3	7:10	4:04	
28	Wed	3:13	10.4	3:31	10.5	9:28	0.5	9:55	-0.2	7:10	4:05	
29	Thu	4:11	10.6	4:35	10.2	10:30	0.3	10:53	0.0	7:11	4:06	
30	Fri	5:13	10.9	5:45	10.1	11:35	0.1	11:55	0.0	7:11	4:07	
31	Sat	6:18	11.2	6:55	10.2			12:40	-0.3	7:11	4:07	