

## Rockland, ME - Jan 2024

| Date |     | High  |      |       |      | Low   |      |       |      | ☀️   |      | 🌙    |
|------|-----|-------|------|-------|------|-------|------|-------|------|------|------|------|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise | Set  | Moon |
| 1    | Sun | 7:22  | 11.5 | 8:01  | 10.4 | 12:58 | 0.0  | 1:44  | -0.7 | 7:11 | 4:08 | 🌑    |
| 2    | Mon | 8:22  | 11.9 | 9:02  | 10.6 | 1:58  | -0.1 | 2:44  | -1.1 | 7:11 | 4:09 | 🌑    |
| 3    | Tue | 9:18  | 12.1 | 9:58  | 10.7 | 2:56  | -0.2 | 3:40  | -1.4 | 7:11 | 4:10 | 🌑    |
| 4    | Wed | 10:11 | 12.2 | 10:50 | 10.8 | 3:51  | -0.3 | 4:32  | -1.5 | 7:11 | 4:11 | 🌑    |
| 5    | Thu | 11:02 | 12.2 | 11:40 | 10.8 | 4:43  | -0.2 | 5:22  | -1.4 | 7:11 | 4:12 | 🌑    |
| 6    | Fri | 11:50 | 11.9 |       |      | 5:33  | -0.1 | 6:10  | -1.2 | 7:11 | 4:13 | 🌑    |
| 7    | Sat | 12:28 | 10.6 | 12:37 | 11.5 | 6:21  | 0.1  | 6:56  | -0.9 | 7:10 | 4:14 | 🌑    |
| 8    | Sun | 1:15  | 10.4 | 1:23  | 11.0 | 7:08  | 0.4  | 7:40  | -0.4 | 7:10 | 4:15 | 🌑    |
| 9    | Mon | 2:01  | 10.2 | 2:10  | 10.5 | 7:56  | 0.7  | 8:25  | 0.0  | 7:10 | 4:16 | 🌑    |
| 10   | Tue | 2:47  | 9.9  | 2:57  | 9.9  | 8:44  | 1.1  | 9:10  | 0.5  | 7:10 | 4:17 | 🌑    |
| 11   | Wed | 3:34  | 9.7  | 3:47  | 9.4  | 9:35  | 1.3  | 9:57  | 0.9  | 7:09 | 4:19 | 🌑    |
| 12   | Thu | 4:23  | 9.5  | 4:41  | 9.0  | 10:28 | 1.5  | 10:46 | 1.3  | 7:09 | 4:20 | 🌑    |
| 13   | Fri | 5:14  | 9.4  | 5:39  | 8.8  | 11:23 | 1.5  | 11:37 | 1.5  | 7:08 | 4:21 | 🌑    |
| 14   | Sat | 6:06  | 9.5  | 6:36  | 8.7  |       |      | 12:19 | 1.5  | 7:08 | 4:22 | 🌑    |
| 15   | Sun | 6:57  | 9.6  | 7:31  | 8.7  | 12:29 | 1.6  | 1:13  | 1.2  | 7:07 | 4:23 | 🌑    |
| 16   | Mon | 7:45  | 9.8  | 8:21  | 8.9  | 1:20  | 1.6  | 2:04  | 0.9  | 7:07 | 4:25 | 🌑    |
| 17   | Tue | 8:31  | 10.1 | 9:07  | 9.1  | 2:09  | 1.5  | 2:51  | 0.6  | 7:06 | 4:26 | 🌑    |
| 18   | Wed | 9:12  | 10.4 | 9:50  | 9.4  | 2:54  | 1.3  | 3:34  | 0.2  | 7:06 | 4:27 | 🌑    |
| 19   | Thu | 9:52  | 10.8 | 10:29 | 9.7  | 3:37  | 1.0  | 4:16  | -0.1 | 7:05 | 4:28 | 🌑    |
| 20   | Fri | 10:31 | 11.1 | 11:07 | 10.0 | 4:20  | 0.7  | 4:56  | -0.5 | 7:04 | 4:30 | 🌑    |
| 21   | Sat | 11:10 | 11.3 | 11:46 | 10.3 | 5:02  | 0.5  | 5:37  | -0.7 | 7:03 | 4:31 | 🌑    |
| 22   | Sun | 11:53 | 11.5 |       |      | 5:46  | 0.2  | 6:19  | -0.9 | 7:03 | 4:32 | 🌑    |
| 23   | Mon | 12:28 | 10.6 | 12:38 | 11.5 | 6:32  | 0.0  | 7:03  | -0.9 | 7:02 | 4:34 | 🌑    |
| 24   | Tue | 1:12  | 10.8 | 1:26  | 11.4 | 7:21  | -0.1 | 7:50  | -0.8 | 7:01 | 4:35 | 🌑    |
| 25   | Wed | 2:01  | 11.0 | 2:19  | 11.1 | 8:14  | -0.2 | 8:41  | -0.6 | 7:00 | 4:36 | 🌑    |
| 26   | Thu | 2:54  | 11.0 | 3:17  | 10.7 | 9:11  | -0.1 | 9:36  | -0.3 | 6:59 | 4:38 | 🌑    |
| 27   | Fri | 3:52  | 11.1 | 4:23  | 10.3 | 10:13 | -0.1 | 10:35 | 0.0  | 6:58 | 4:39 | 🌑    |
| 28   | Sat | 4:56  | 11.1 | 5:34  | 10.1 | 11:19 | -0.1 | 11:38 | 0.2  | 6:57 | 4:40 | 🌑    |
| 29   | Sun | 6:03  | 11.2 | 6:45  | 10.0 |       |      | 12:27 | -0.3 | 6:56 | 4:42 | 🌑    |
| 30   | Mon | 7:09  | 11.3 | 7:51  | 10.1 | 12:43 | 0.3  | 1:32  | -0.5 | 6:55 | 4:43 | 🌑    |
| 31   | Tue | 8:11  | 11.5 | 8:51  | 10.3 | 1:46  | 0.3  | 2:32  | -0.7 | 6:54 | 4:45 | 🌑    |