




























## Rockland, ME - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:07	9.6	2:32	9.0	8:24	1.1	8:36	1.6	6:12	5:24	
2	Mon	2:44	9.4	3:16	8.6	9:09	1.3	9:19	2.0	6:11	5:25	
3	Tue	3:28	9.2	4:08	8.2	10:00	1.5	10:08	2.3	6:09	5:27	
4	Wed	4:19	9.1	5:09	8.0	10:57	1.6	11:04	2.5	6:07	5:28	
5	Thu	5:17	9.1	6:15	8.0	11:57	1.6			6:06	5:29	
6	Fri	6:20	9.3	7:16	8.2	12:03	2.4	12:57	1.4	6:04	5:30	
7	Sat	7:20	9.6	8:09	8.6	1:02	2.2	1:52	1.0	6:02	5:32	
8	Sun	9:13	10.1	9:56	9.2	1:57	1.8	3:41	0.5	7:00	6:33	
9	Mon	10:02	10.6	10:39	9.8	3:47	1.2	4:26	0.0	6:59	6:34	
10	Tue	10:48	11.1	11:20	10.4	4:35	0.5	5:09	-0.5	6:57	6:36	
11	Wed	11:33	11.4			5:22	-0.1	5:51	-0.8	6:55	6:37	
12	Thu	12:01	11.0	12:19	11.6	6:09	-0.6	6:34	-0.9	6:53	6:38	
13	Fri	12:44	11.5	1:07	11.5	6:57	-1.0	7:19	-0.8	6:51	6:39	
14	Sat	1:28	11.7	1:57	11.3	7:46	-1.2	8:05	-0.6	6:50	6:41	
15	Sun	2:16	11.8	2:50	10.8	8:39	-1.1	8:56	-0.1	6:48	6:42	
16	Mon	3:08	11.6	3:49	10.2	9:36	-0.9	9:51	0.4	6:46	6:43	
17	Tue	4:06	11.3	4:55	9.7	10:38	-0.5	10:52	0.9	6:44	6:44	
18	Wed	5:12	10.9	6:07	9.4	11:45	-0.1			6:42	6:46	
19	Thu	6:24	10.6	7:18	9.3	12:00	1.2	12:55	0.1	6:40	6:47	
20	Fri	7:35	10.6	8:23	9.4	1:11	1.3	2:03	0.1	6:39	6:48	
21	Sat	8:40	10.6	9:21	9.7	2:19	1.2	3:04	0.0	6:37	6:49	
22	Sun	9:37	10.7	10:13	9.9	3:20	1.0	3:58	0.0	6:35	6:50	
23	Mon	10:29	10.7	10:59	10.1	4:13	0.7	4:45	0.0	6:33	6:52	
24	Tue	11:15	10.7	11:41	10.3	5:01	0.5	5:27	0.1	6:31	6:53	
25	Wed	11:58	10.5			5:43	0.4	6:04	0.3	6:30	6:54	
26	Thu	12:18	10.3	12:37	10.2	6:22	0.4	6:39	0.5	6:28	6:55	
27	Fri	12:52	10.2	1:13	9.9	6:59	0.4	7:12	0.9	6:26	6:57	
28	Sat	1:23	10.1	1:47	9.5	7:34	0.5	7:45	1.2	6:24	6:58	
29	Sun	1:52	9.9	2:21	9.2	8:11	0.7	8:19	1.6	6:22	6:59	
30	Mon	2:23	9.7	2:58	8.8	8:50	0.9	8:57	1.9	6:20	7:00	
31	Tue	3:00	9.6	3:40	8.5	9:33	1.1	9:39	2.2	6:19	7:02	