
































Rockland, ME - Nov 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:27	10.6	10:56	9.7	4:12	0.7	4:41	0.1	6:13	4:26	
2	Mon	11:02	10.4	11:35	9.5	4:49	1.0	5:19	0.2	6:14	4:25	
3	Tue	11:34	10.2			5:23	1.3	5:55	0.3	6:15	4:24	
4	Wed	12:11	9.2	12:05	10.1	5:57	1.6	6:31	0.5	6:17	4:22	
5	Thu	12:46	8.9	12:37	9.9	6:33	1.9	7:10	0.7	6:18	4:21	
6	Fri	1:22	8.6	1:14	9.7	7:11	2.1	7:51	0.9	6:19	4:20	
7	Sat	2:02	8.4	1:57	9.5	7:53	2.3	8:37	1.1	6:21	4:19	
8	Sun	2:48	8.3	2:45	9.3	8:41	2.5	9:26	1.2	6:22	4:17	
9	Mon	3:40	8.3	3:39	9.2	9:35	2.5	10:19	1.2	6:23	4:16	
10	Tue	4:35	8.4	4:37	9.3	10:33	2.3	11:13	1.1	6:25	4:15	
11	Wed	5:31	8.8	5:38	9.4	11:33	2.0			6:26	4:14	
12	Thu	6:24	9.3	6:38	9.7	12:06	0.9	12:31	1.4	6:27	4:13	
13	Fri	7:13	10.0	7:35	10.0	12:57	0.6	1:26	0.7	6:29	4:12	
14	Sat	8:01	10.7	8:29	10.4	1:46	0.3	2:19	-0.1	6:30	4:11	
15	Sun	8:48	11.4	9:22	10.6	2:35	0.0	3:11	-0.9	6:31	4:10	
16	Mon	9:36	12.0	10:15	10.8	3:23	-0.2	4:02	-1.4	6:33	4:09	
17	Tue	10:24	12.4	11:07	10.8	4:12	-0.3	4:54	-1.8	6:34	4:08	
18	Wed	11:15	12.5			5:03	-0.2	5:46	-1.9	6:35	4:07	
19	Thu	12:01	10.7	12:08	12.5	5:55	-0.1	6:41	-1.8	6:36	4:06	
20	Fri	12:57	10.5	1:04	12.1	6:50	0.2	7:37	-1.4	6:38	4:05	
21	Sat	1:56	10.3	2:04	11.7	7:48	0.5	8:36	-1.0	6:39	4:05	
22	Sun	2:58	10.0	3:08	11.1	8:51	0.8	9:37	-0.5	6:40	4:04	
23	Mon	4:02	9.9	4:15	10.6	9:57	1.0	10:39	-0.1	6:41	4:03	
24	Tue	5:05	9.9	5:21	10.2	11:04	1.1	11:40	0.2	6:43	4:03	
25	Wed	6:04	10.0	6:24	9.9			12:10	1.0	6:44	4:02	
26	Thu	6:59	10.2	7:23	9.7	12:37	0.4	1:10	0.8	6:45	4:01	
27	Fri	7:50	10.3	8:16	9.6	1:29	0.7	2:04	0.6	6:46	4:01	
28	Sat	8:36	10.4	9:06	9.5	2:17	0.9	2:53	0.5	6:47	4:00	
29	Sun	9:19	10.4	9:51	9.3	3:02	1.1	3:38	0.3	6:49	4:00	
30	Mon	9:59	10.4	10:34	9.2	3:42	1.3	4:18	0.3	6:50	3:59	