




























Rockland, ME - Jan 2024

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|----------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 11:19 | 10.3 | | | 5:07 | 1.7 | 5:47 | 0.3 | 7:11 | 4:08 |  |
| 2 | Sat | 12:01 | 8.9 | 11:52 AM | 10.3 | 5:43 | 1.7 | 6:22 | 0.3 | 7:11 | 4:09 |  |
| 3 | Sun | 12:33 | 9.0 | 12:26 | 10.3 | 6:21 | 1.6 | 6:58 | 0.3 | 7:11 | 4:10 |  |
| 4 | Mon | 1:07 | 9.1 | 1:04 | 10.2 | 7:01 | 1.6 | 7:36 | 0.4 | 7:11 | 4:11 |  |
| 5 | Tue | 1:43 | 9.2 | 1:47 | 10.1 | 7:44 | 1.5 | 8:16 | 0.4 | 7:11 | 4:12 |  |
| 6 | Wed | 2:24 | 9.5 | 2:34 | 9.9 | 8:31 | 1.4 | 8:59 | 0.5 | 7:11 | 4:13 |  |
| 7 | Thu | 3:10 | 9.7 | 3:26 | 9.7 | 9:24 | 1.2 | 9:47 | 0.7 | 7:10 | 4:14 |  |
| 8 | Fri | 4:00 | 10.0 | 4:24 | 9.5 | 10:22 | 1.0 | 10:40 | 0.8 | 7:10 | 4:15 |  |
| 9 | Sat | 4:56 | 10.3 | 5:29 | 9.3 | 11:24 | 0.6 | 11:38 | 0.9 | 7:10 | 4:16 |  |
| 10 | Sun | 5:55 | 10.6 | 6:38 | 9.3 | | | 12:29 | 0.2 | 7:10 | 4:17 |  |
| 11 | Mon | 6:57 | 11.1 | 7:47 | 9.5 | 12:39 | 0.9 | 1:33 | -0.3 | 7:09 | 4:18 |  |
| 12 | Tue | 8:00 | 11.5 | 8:51 | 9.8 | 1:41 | 0.7 | 2:34 | -0.8 | 7:09 | 4:19 |  |
| 13 | Wed | 9:01 | 11.9 | 9:50 | 10.2 | 2:41 | 0.5 | 3:33 | -1.2 | 7:09 | 4:20 |  |
| 14 | Thu | 9:58 | 12.3 | 10:45 | 10.5 | 3:39 | 0.2 | 4:28 | -1.5 | 7:08 | 4:22 |  |
| 15 | Fri | 10:54 | 12.4 | 11:38 | 10.7 | 4:36 | -0.1 | 5:21 | -1.7 | 7:08 | 4:23 |  |
| 16 | Sat | 11:47 | 12.3 | | | 5:30 | -0.2 | 6:12 | -1.6 | 7:07 | 4:24 |  |
| 17 | Sun | 12:29 | 10.8 | 12:40 | 12.0 | 6:23 | -0.2 | 7:02 | -1.3 | 7:06 | 4:25 |  |
| 18 | Mon | 1:19 | 10.8 | 1:31 | 11.5 | 7:16 | 0.0 | 7:50 | -0.9 | 7:06 | 4:27 |  |
| 19 | Tue | 2:09 | 10.7 | 2:24 | 10.9 | 8:09 | 0.2 | 8:38 | -0.3 | 7:05 | 4:28 |  |
| 20 | Wed | 2:59 | 10.4 | 3:17 | 10.1 | 9:04 | 0.5 | 9:27 | 0.3 | 7:04 | 4:29 |  |
| 21 | Thu | 3:50 | 10.2 | 4:14 | 9.5 | 9:59 | 0.9 | 10:17 | 1.0 | 7:04 | 4:30 |  |
| 22 | Fri | 4:42 | 9.9 | 5:12 | 8.9 | 10:57 | 1.1 | 11:10 | 1.5 | 7:03 | 4:32 |  |
| 23 | Sat | 5:36 | 9.7 | 6:12 | 8.6 | 11:56 | 1.2 | | | 7:02 | 4:33 |  |
| 24 | Sun | 6:30 | 9.7 | 7:10 | 8.4 | 12:04 | 1.8 | 12:54 | 1.3 | 7:01 | 4:34 |  |
| 25 | Mon | 7:24 | 9.7 | 8:05 | 8.4 | 12:59 | 2.0 | 1:49 | 1.2 | 7:00 | 4:36 |  |
| 26 | Tue | 8:14 | 9.8 | 8:55 | 8.5 | 1:51 | 2.1 | 2:39 | 1.0 | 7:00 | 4:37 |  |
| 27 | Wed | 9:01 | 10.0 | 9:40 | 8.7 | 2:39 | 2.0 | 3:25 | 0.8 | 6:59 | 4:39 |  |
| 28 | Thu | 9:43 | 10.2 | 10:22 | 8.9 | 3:24 | 1.8 | 4:07 | 0.5 | 6:58 | 4:40 |  |
| 29 | Fri | 10:22 | 10.3 | 10:59 | 9.1 | 4:05 | 1.6 | 4:45 | 0.4 | 6:57 | 4:41 |  |
| 30 | Sat | 10:57 | 10.5 | 11:33 | 9.3 | 4:43 | 1.4 | 5:20 | 0.2 | 6:56 | 4:43 | |
| 31 | Sun | 11:30 | 10.6 | | | 5:21 | 1.2 | 5:55 | 0.1 | 6:55 | 4:44 | |