

































Rockland, ME - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:18	11.2	9:06	9.7	2:00	1.0	2:54	-0.6	7:11	4:09	
2	Mon	9:12	11.8	10:00	10.1	2:54	0.6	3:48	-1.1	7:11	4:10	
3	Tue	10:06	12.2	10:54	10.4	3:54	0.3	4:42	-1.6	7:11	4:10	
4	Wed	11:00	12.5	11:48	10.8	4:48	-0.1	5:30	-1.8	7:11	4:11	
5	Thu	11:54	12.6			5:42	-0.3	6:24	-1.9	7:11	4:12	
6	Fri	12:42	11.0	12:48	12.3	6:36	-0.4	7:18	-1.7	7:10	4:13	
7	Sat	1:30	11.1	1:48	11.9	7:30	-0.4	8:06	-1.3	7:10	4:15	
8	Sun	2:30	11.1	2:42	11.3	8:30	-0.2	9:00	-0.8	7:10	4:16	
9	Mon	3:24	11.0	3:42	10.6	9:30	0.0	9:54	-0.2	7:10	4:17	
10	Tue	4:18	10.8	4:48	9.9	10:36	0.3	10:54	0.4	7:09	4:18	
11	Wed	5:18	10.7	5:54	9.4	11:36	0.4	11:48	0.9	7:09	4:19	
12	Thu	6:18	10.5	6:54	9.1			12:42	0.5	7:09	4:20	
13	Fri	7:12	10.4	7:54	9.0	12:48	1.3	1:36	0.5	7:08	4:21	
14	Sat	8:06	10.4	8:48	8.9	1:42	1.5	2:36	0.5	7:08	4:23	
15	Sun	9:00	10.4	9:36	8.9	2:36	1.6	3:24	0.4	7:07	4:24	
16	Mon	9:42	10.4	10:18	9.0	3:24	1.6	4:06	0.4	7:07	4:25	
17	Tue	10:24	10.4	11:00	9.0	4:06	1.6	4:48	0.4	7:06	4:26	
18	Wed	11:00	10.4	11:36	9.1	4:48	1.6	5:24	0.4	7:05	4:28	
19	Thu	11:36	10.3			5:24	1.5	6:00	0.4	7:05	4:29	
20	Fri	12:12	9.1	12:06	10.2	6:00	1.5	6:30	0.4	7:04	4:30	
21	Sat	12:42	9.2	12:42	10.1	6:36	1.4	7:06	0.6	7:03	4:31	
22	Sun	1:12	9.3	1:12	9.9	7:12	1.4	7:36	0.7	7:02	4:33	
23	Mon	1:42	9.4	1:54	9.6	7:54	1.4	8:12	0.9	7:02	4:34	
24	Tue	2:24	9.5	2:36	9.4	8:36	1.3	8:54	1.1	7:01	4:35	
25	Wed	3:06	9.6	3:30	9.1	9:24	1.2	9:42	1.3	7:00	4:37	
26	Thu	3:54	9.8	4:24	8.9	10:24	1.1	10:36	1.5	6:59	4:38	
27	Fri	4:48	10.0	5:30	8.8	11:24	0.9	11:36	1.5	6:58	4:40	
28	Sat	5:48	10.3	6:36	8.9			12:30	0.5	6:57	4:41	
29	Sun	6:54	10.7	7:48	9.2	12:36	1.4	1:30	0.0	6:56	4:42	
30	Mon	8:00	11.2	8:48	9.7	1:36	1.0	2:36	-0.6	6:55	4:44	
31	Tue	9:00	11.8	9:48	10.2	2:42	0.6	3:30	-1.1	6:54	4:45	