



## Rockland, ME - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:49	10.4	1:30	9.0	7:13	0.3	7:12	1.6	4:57	8:23	☉
2	Sun	1:25	10.2	2:07	9.0	7:50	0.4	7:51	1.7	4:58	8:23	☉
3	Mon	2:00	10.0	2:42	8.9	8:27	0.6	8:31	1.8	4:58	8:23	☾
4	Tue	2:36	9.8	3:17	9.0	9:03	0.8	9:13	1.8	4:59	8:22	☾
5	Wed	3:15	9.5	3:53	9.0	9:42	1.0	9:59	1.8	4:59	8:22	☾
6	Thu	3:59	9.2	4:34	9.2	10:22	1.2	10:48	1.7	5:00	8:22	☾
7	Fri	4:47	9.0	5:19	9.3	11:06	1.4	11:40	1.6	5:01	8:21	☾
8	Sat	5:40	8.8	6:07	9.6	11:54	1.5			5:02	8:21	☾
9	Sun	6:38	8.7	7:00	9.9	12:36	1.3	12:45	1.6	5:02	8:20	☾
10	Mon	7:39	8.7	7:54	10.3	1:33	1.0	1:39	1.5	5:03	8:20	☾
11	Tue	8:40	8.9	8:50	10.7	2:31	0.5	2:35	1.3	5:04	8:19	☾
12	Wed	9:38	9.2	9:45	11.3	3:27	0.0	3:30	1.0	5:05	8:19	☾
13	Thu	10:34	9.6	10:40	11.8	4:21	-0.6	4:25	0.6	5:06	8:18	☾
14	Fri	11:27	10.1	11:34	12.2	5:14	-1.1	5:19	0.2	5:07	8:17	☾
15	Sat			12:19	10.5	6:05	-1.4	6:13	-0.1	5:07	8:17	☾
16	Sun	12:27	12.3	1:11	10.8	6:56	-1.6	7:07	-0.4	5:08	8:16	☾
17	Mon	1:21	12.3	2:03	11.1	7:47	-1.6	8:03	-0.5	5:09	8:15	☾
18	Tue	2:17	12.0	2:56	11.2	8:38	-1.4	9:00	-0.5	5:10	8:14	☾
19	Wed	3:14	11.5	3:50	11.2	9:31	-1.0	10:00	-0.3	5:11	8:14	☾
20	Thu	4:13	10.9	4:47	11.1	10:25	-0.5	11:01	-0.1	5:12	8:13	☾
21	Fri	5:16	10.3	5:46	11.0	11:21	0.1			5:13	8:12	☾
22	Sat	6:21	9.7	6:46	10.8	12:05	0.1	12:20	0.7	5:14	8:11	☾
23	Sun	7:25	9.3	7:45	10.7	1:09	0.2	1:20	1.1	5:15	8:10	☾
24	Mon	8:27	9.1	8:42	10.6	2:11	0.3	2:19	1.3	5:16	8:09	☾
25	Tue	9:24	9.1	9:36	10.6	3:09	0.3	3:14	1.5	5:17	8:08	☉
26	Wed	10:16	9.1	10:25	10.5	4:02	0.3	4:05	1.5	5:18	8:07	☉
27	Thu	11:03	9.1	11:09	10.5	4:49	0.3	4:51	1.5	5:19	8:06	☉
28	Fri	11:46	9.1	11:50	10.4	5:32	0.3	5:32	1.5	5:20	8:05	☉
29	Sat			12:25	9.2	6:10	0.3	6:11	1.4	5:21	8:04	☉
30	Sun	12:26	10.3	1:01	9.2	6:46	0.4	6:47	1.4	5:22	8:02	☉
31	Mon	1:00	10.2	1:33	9.2	7:19	0.5	7:23	1.4	5:24	8:01	☉