US HARBORS www.USHarbors.com

Rockland, ME - Aug 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:31	10.0	2:02	9.3	7:52	0.6	8:00	1.4	5:25	8:00	
2	Wed	2:04	9.8	2:32	9.4	8:25	0.8	8:39	1.4	5:26	7:59	
3	Thu	2:41	9.5	3:07	9.4	9:00	1.0	9:21	1.3	5:27	7:57	
4	Fri	3:22	9.3	3:47	9.5	9:39	1.2	10:08	1.3	5:28	7:56	
5	Sat	4:09	9.0	4:32	9.6	10:22	1.5	11:00	1.3	5:29	7:55	
6	Sun	5:02	8.8	5:24	9.8	11:11	1.6	11:58	1.1	5:30	7:53	
7	Mon	6:01	8.6	6:21	10.0			12:07	1.7	5:31	7:52	
8	Tue	7:07	8.7	7:23	10.3	1:00	0.9	1:07	1.6	5:32	7:51	
9	Wed	8:14	8.9	8:26	10.8	2:03	0.4	2:09	1.3	5:34	7:49	
10	Thu	9:17	9.4	9:27	11.4	3:03	-0.1	3:10	0.8	5:35	7:48	
11	Fri	10:14	9.9	10:25	11.9	4:00	-0.7	4:08	0.3	5:36	7:46	
12	Sat	11:08	10.5	11:20	12.3	4:54	-1.2	5:04	-0.3	5:37	7:45	
13	Sun	11:59	11.1			5:45	-1.6	5:58	-0.7	5:38	7:43	
14	Mon	12:14	12.4	12:49	11.5	6:35	-1.7	6:52	-1.0	5:39	7:42	
15	Tue	1:07	12.3	1:39	11.7	7:24	-1.6	7:46	-1.1	5:40	7:40	
16	Wed	2:00	11.9	2:29	11.7	8:13	-1.2	8:41	-0.9	5:42	7:39	
17	Thu	2:55	11.3	3:22	11.5	9:04	-0.6	9:37	-0.6	5:43	7:37	
18	Fri	3:53	10.6	4:17	11.2	9:56	0.0	10:37	-0.2	5:44	7:36	
19	Sat	4:54	9.9	5:16	10.8	10:52	0.7	11:39	0.2	5:45	7:34	
20	Sun	5:58	9.3	6:18	10.4	11:52	1.2			5:46	7:32	
21	Mon	7:02	9.0	7:20	10.2	12:43	0.5	12:55	1.6	5:47	7:31	
22	Tue	8:04	8.8	8:18	10.1	1:46	0.7	1:56	1.7	5:48	7:29	
23	Wed	9:00	8.9	9:13	10.1	2:45	0.7	2:53	1.7	5:50	7:27	
24	Thu	9:50	9.0	10:01	10.2	3:37	0.6	3:43	1.6	5:51	7:26	
25	Fri	10:36	9.1	10:45	10.3	4:23	0.6	4:28	1.4	5:52	7:24	
26	Sat	11:17	9.3	11:25	10.3	5:03	0.5	5:08	1.3	5:53	7:22	
27	Sun	11:54	9.4			5:40	0.5	5:45	1.1	5:54	7:20	
28	Mon	12:01	10.2	12:26	9.5	6:13	0.5	6:21	1.0	5:55	7:19	
29	Tue	12:33	10.1	12:54	9.6	6:44	0.6	6:56	0.9	5:56	7:17	
30	Wed	1:03	9.9	1:21	9.7	7:15	0.7	7:31	0.9	5:58	7:15	
31	Thu	1:35	9.7	1:51	9.8	7:47	0.9	8:08	0.8	5:59	7:13	