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# Rockland, ME - Jan 2046

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 5:33 | 11.0 | 6:08 | 9.8 | 11:52 | 0.1 | | | 7:11 | 4:08 | |
| 2 | Tue | 6:34 | 11.1 | 7:14 | 9.6 | 12:07 | 0.5 | 12:57 | 0.0 | 7:11 | 4:09 | |
| 3 | Wed | 7:33 | 11.1 | 8:15 | 9.5 | 1:08 | 0.7 | 1:59 | -0.2 | 7:11 | 4:10 | |
| 4 | Thu | 8:29 | 11.2 | 9:11 | 9.5 | 2:06 | 0.9 | 2:55 | -0.3 | 7:11 | 4:11 | |
| 5 | Fri | 9:22 | 11.2 | 10:02 | 9.5 | 3:01 | 1.0 | 3:47 | -0.3 | 7:11 | 4:12 | |
| 6 | Sat | 10:10 | 11.1 | 10:50 | 9.5 | 3:51 | 1.0 | 4:35 | -0.3 | 7:11 | 4:13 | |
| 7 | Sun | 10:55 | 11.0 | 11:33 | 9.5 | 4:37 | 1.1 | 5:18 | -0.2 | 7:10 | 4:14 | |
| 8 | Mon | 11:36 | 10.8 | | | 5:20 | 1.2 | 5:58 | 0.0 | 7:10 | 4:15 | |
| 9 | Tue | 12:14 | 9.4 | 12:14 | 10.5 | 5:59 | 1.3 | 6:35 | 0.2 | 7:10 | 4:16 | |
| 10 | Wed | 12:52 | 9.3 | 12:50 | 10.2 | 6:38 | 1.4 | 7:11 | 0.4 | 7:09 | 4:18 | |
| 11 | Thu | 1:27 | 9.2 | 1:25 | 9.9 | 7:17 | 1.5 | 7:47 | 0.7 | 7:09 | 4:19 | |
| 12 | Fri | 2:01 | 9.2 | 2:02 | 9.6 | 7:58 | 1.6 | 8:24 | 1.0 | 7:09 | 4:20 | |
| 13 | Sat | 2:36 | 9.2 | 2:43 | 9.2 | 8:42 | 1.7 | 9:03 | 1.2 | 7:08 | 4:21 | |
| 14 | Sun | 3:14 | 9.2 | 3:29 | 8.9 | 9:29 | 1.7 | 9:46 | 1.5 | 7:08 | 4:22 | |
| 15 | Mon | 3:58 | 9.2 | 4:21 | 8.6 | 10:21 | 1.7 | 10:33 | 1.8 | 7:07 | 4:24 | |
| 16 | Tue | 4:47 | 9.3 | 5:20 | 8.4 | 11:17 | 1.6 | 11:25 | 1.9 | 7:07 | 4:25 | |
| 17 | Wed | 5:40 | 9.5 | 6:22 | 8.4 | | | 12:15 | 1.3 | 7:06 | 4:26 | |
| 18 | Thu | 6:36 | 9.8 | 7:24 | 8.6 | 12:20 | 1.9 | 1:13 | 0.9 | 7:05 | 4:27 | |
| 19 | Fri | 7:32 | 10.3 | 8:22 | 8.9 | 1:16 | 1.7 | 2:09 | 0.4 | 7:05 | 4:29 | |
| 20 | Sat | 8:27 | 10.8 | 9:15 | 9.4 | 2:11 | 1.3 | 3:01 | -0.2 | 7:04 | 4:30 | |
| 21 | Sun | 9:19 | 11.4 | 10:05 | 9.9 | 3:04 | 0.9 | 3:52 | -0.8 | 7:03 | 4:31 | |
| 22 | Mon | 10:10 | 11.9 | 10:53 | 10.4 | 3:56 | 0.4 | 4:40 | -1.2 | 7:03 | 4:32 | |
| 23 | Tue | 11:01 | 12.2 | 11:41 | 10.9 | 4:48 | -0.1 | 5:28 | -1.6 | 7:02 | 4:34 | |
| 24 | Wed | 11:52 | 12.3 | | | 5:39 | -0.5 | 6:16 | -1.7 | 7:01 | 4:35 | |
| 25 | Thu | 12:29 | 11.3 | 12:44 | 12.2 | 6:32 | -0.7 | 7:05 | -1.5 | 7:00 | 4:37 | |
| 26 | Fri | 1:19 | 11.5 | 1:37 | 11.8 | 7:26 | -0.8 | 7:55 | -1.2 | 6:59 | 4:38 | |
| 27 | Sat | 2:11 | 11.5 | 2:35 | 11.2 | 8:23 | -0.7 | 8:47 | -0.7 | 6:58 | 4:39 | |
| 28 | Sun | 3:06 | 11.4 | 3:36 | 10.5 | 9:23 | -0.4 | 9:42 | -0.1 | 6:57 | 4:41 | |
| 29 | Mon | 4:05 | 11.2 | 4:42 | 9.9 | 10:26 | -0.1 | 10:42 | 0.5 | 6:56 | 4:42 | |
| 30 | Tue | 5:08 | 10.9 | 5:50 | 9.4 | 11:32 | 0.1 | 11:45 | 1.0 | 6:55 | 4:43 | |
| 31 | Wed | 6:12 | 10.8 | 6:57 | 9.2 | | | 12:39 | 0.2 | 6:54 | 4:45 | |