US HARBORS www.USHarbors.com

Rockland, ME - Jan 2051

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:36	9.8	1:39	10.3	7:27	1.0	7:57	0.2	7:11	4:08	
2	Mon	2:18	9.6	2:21	9.9	8:11	1.3	8:39	0.6	7:11	4:09	
3	Tue	3:00	9.4	3:05	9.4	8:58	1.5	9:22	0.9	7:11	4:10	
4	Wed	3:44	9.3	3:54	9.1	9:48	1.6	10:08	1.3	7:11	4:11	
5	Thu	4:31	9.3	4:48	8.8	10:41	1.7	10:57	1.5	7:11	4:12	
6	Fri	5:21	9.3	5:47	8.6	11:36	1.6	11:48	1.6	7:11	4:13	
7	Sat	6:12	9.5	6:45	8.6			12:32	1.4	7:10	4:14	
8	Sun	7:03	9.7	7:40	8.8	12:40	1.6	1:25	1.1	7:10	4:15	
9	Mon	7:51	10.1	8:30	9.0	1:31	1.5	2:15	0.7	7:10	4:16	
10	Tue	8:36	10.5	9:16	9.4	2:19	1.3	3:02	0.2	7:10	4:17	
11	Wed	9:20	10.9	10:00	9.7	3:06	1.0	3:48	-0.3	7:09	4:18	
12	Thu	10:04	11.3	10:43	10.1	3:52	0.6	4:32	-0.7	7:09	4:20	
13	Fri	10:48	11.7	11:26	10.5	4:38	0.2	5:16	-1.1	7:08	4:21	
14	Sat	11:34	11.9			5:25	-0.1	6:01	-1.3	7:08	4:22	
15	Sun	12:11	10.9	12:22	11.9	6:14	-0.3	6:48	-1.4	7:07	4:23	
16	Mon	12:59	11.1	1:13	11.8	7:05	-0.5	7:36	-1.3	7:07	4:24	
17	Tue	1:49	11.2	2:07	11.4	7:59	-0.5	8:28	-1.0	7:06	4:26	
18	Wed	2:44	11.3	3:06	11.0	8:57	-0.4	9:23	-0.6	7:06	4:27	
19	Thu	3:42	11.2	4:12	10.5	10:00	-0.3	10:22	-0.2	7:05	4:28	
20	Fri	4:46	11.2	5:22	10.1	11:05	-0.2	11:24	0.1	7:04	4:30	
21	Sat	5:52	11.2	6:31	9.9			12:12	-0.2	7:04	4:31	
22	Sun	6:56	11.2	7:36	9.9	12:28	0.4	1:18	-0.3	7:03	4:32	
23	Mon	7:56	11.3	8:35	10.0	1:31	0.5	2:18	-0.4	7:02	4:34	
24	Tue	8:52	11.4	9:29	10.1	2:30	0.5	3:14	-0.6	7:01	4:35	
25	Wed	9:44	11.4	10:19	10.2	3:24	0.4	4:04	-0.6	7:00	4:36	
26	Thu	10:31	11.3	11:05	10.2	4:13	0.4	4:49	-0.6	6:59	4:38	
27	Fri	11:15	11.2	11:47	10.1	4:58	0.5	5:31	-0.4	6:58	4:39	
28	Sat	11:56	10.9			5:39	0.6	6:09	-0.2	6:57	4:40	
29	Sun	12:26	10.0	12:33	10.6	6:19	0.7	6:46	0.1	6:56	4:42	
30	Mon	1:03	9.9	1:09	10.2	6:58	0.9	7:22	0.4	6:55	4:43	
31	Tue	1:37	9.7	1:44	9.8	7:37	1.0	7:58	0.7	6:54	4:44	