US HARBORS www.USHarbors.com

Rockland, ME - Jul 2051

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:46	10.5	5:25	10.9	11:07	-0.3	11:44	0.1	4:57	8:23	
2	Sun	5:51	10.3	6:27	11.1			12:06	-0.1	4:57	8:23	
3	Mon	7:01	10.2	7:30	11.4	12:49	-0.1	1:06	0.0	4:58	8:23	
4	Tue	8:09	10.2	8:32	11.6	1:53	-0.4	2:08	0.0	4:59	8:22	
5	Wed	9:13	10.3	9:31	11.9	2:55	-0.7	3:07	0.0	4:59	8:22	
6	Thu	10:12	10.4	10:27	12.0	3:54	-1.0	4:04	0.0	5:00	8:22	
7	Fri	11:07	10.5	11:19	12.0	4:49	-1.2	4:59	0.0	5:01	8:21	
8	Sat	11:58	10.6			5:41	-1.2	5:50	0.0	5:01	8:21	
9	Sun	12:09	11.9	12:47	10.5	6:29	-1.1	6:39	0.2	5:02	8:20	
10	Mon	12:57	11.6	1:34	10.4	7:15	-0.9	7:26	0.4	5:03	8:20	
11	Tue	1:43	11.2	2:19	10.2	8:00	-0.5	8:12	0.6	5:04	8:19	
12	Wed	2:27	10.7	3:04	10.0	8:43	-0.1	8:59	0.9	5:04	8:19	
13	Thu	3:12	10.2	3:47	9.8	9:26	0.3	9:46	1.2	5:05	8:18	
14	Fri	3:57	9.7	4:32	9.6	10:09	0.7	10:35	1.4	5:06	8:18	
15	Sat	4:45	9.3	5:19	9.5	10:55	1.1	11:27	1.5	5:07	8:17	
16	Sun	5:38	8.9	6:08	9.4	11:42	1.4			5:08	8:16	
17	Mon	6:34	8.7	6:59	9.5	12:21	1.5	12:33	1.6	5:09	8:16	
18	Tue	7:31	8.6	7:49	9.6	1:16	1.4	1:24	1.7	5:10	8:15	
19	Wed	8:26	8.7	8:38	9.9	2:09	1.2	2:15	1.6	5:11	8:14	
20	Thu	9:17	8.8	9:24	10.2	3:00	0.9	3:04	1.5	5:12	8:13	
21	Fri	10:03	9.1	10:07	10.5	3:47	0.5	3:51	1.2	5:13	8:12	
22	Sat	10:46	9.4	10:49	10.9	4:32	0.1	4:36	0.9	5:14	8:11	
23	Sun	11:27	9.8	11:31	11.2	5:15	-0.2	5:20	0.6	5:15	8:10	
24	Mon			12:07	10.1	5:57	-0.6	6:05	0.3	5:16	8:09	
25	Tue	12:14	11.4	12:49	10.5	6:40	-0.8	6:51	0.0	5:17	8:08	
26	Wed	12:59	11.6	1:33	10.8	7:23	-1.0	7:39	-0.2	5:18	8:07	
27	Thu	1:46	11.5	2:20	11.1	8:09	-1.0	8:31	-0.3	5:19	8:06	
28	Fri	2:37	11.3	3:11	11.2	8:58	-0.9	9:26	-0.4	5:20	8:05	
29	Sat	3:33	11.0	4:06	11.2	9:51	-0.6	10:25	-0.3	5:21	8:04	
30	Sun	4:34	10.6	5:06	11.2	10:47	-0.3	11:28	-0.3	5:22	8:03	
31	Mon	5:41	10.2	6:11	11.2	11:47	0.0			5:23	8:02	