US HARBORS www.USHarbors.com

Rockland, ME - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:05	11.2	7:44	10.2	12:48	0.3	1:33	-0.4	7:11	4:09	
2	Thu	8:04	11.7	8:46	10.5	1:47	0.0	2:32	-1.0	7:11	4:10	
3	Fri	9:02	12.2	9:45	10.9	2:45	-0.3	3:29	-1.6	7:11	4:10	
4	Sat	9:58	12.6	10:40	11.2	3:41	-0.6	4:24	-2.0	7:11	4:11	
5	Sun	10:53	12.8	11:35	11.4	4:36	-0.8	5:17	-2.1	7:11	4:12	
6	Mon	11:46	12.8			5:30	-0.8	6:10	-2.1	7:10	4:14	
7	Tue	12:28	11.4	12:40	12.5	6:24	-0.7	7:01	-1.8	7:10	4:15	
8	Wed	1:21	11.3	1:35	12.0	7:19	-0.5	7:53	-1.4	7:10	4:16	
9	Thu	2:15	11.1	2:30	11.4	8:14	-0.2	8:46	-0.8	7:10	4:17	
10	Fri	3:09	10.8	3:28	10.7	9:12	0.2	9:39	-0.2	7:09	4:18	
11	Sat	4:05	10.5	4:27	10.1	10:11	0.5	10:34	0.3	7:09	4:19	
12	Sun	5:02	10.3	5:27	9.6	11:11	0.8	11:30	0.8	7:09	4:20	
13	Mon	5:57	10.2	6:27	9.3			12:11	0.9	7:08	4:21	
14	Tue	6:52	10.1	7:23	9.1	12:25	1.1	1:08	0.9	7:08	4:23	
15	Wed	7:43	10.1	8:16	9.1	1:18	1.3	2:01	0.8	7:07	4:24	
16	Thu	8:31	10.2	9:04	9.1	2:08	1.4	2:49	0.6	7:07	4:25	
17	Fri	9:15	10.3	9:49	9.2	2:54	1.4	3:33	0.5	7:06	4:26	
18	Sat	9:56	10.4	10:30	9.3	3:36	1.3	4:13	0.3	7:05	4:28	
19	Sun	10:33	10.5	11:07	9.4	4:16	1.2	4:51	0.2	7:05	4:29	
20	Mon	11:07	10.5	11:41	9.5	4:53	1.1	5:26	0.1	7:04	4:30	
21	Tue	11:38	10.5			5:30	1.1	6:01	0.1	7:03	4:32	
22	Wed	12:11	9.6	12:11	10.5	6:07	1.0	6:37	0.0	7:02	4:33	
23	Thu	12:43	9.7	12:47	10.5	6:45	0.9	7:14	0.1	7:01	4:34	
24	Fri	1:19	9.9	1:29	10.4	7:27	0.8	7:54	0.1	7:01	4:36	
25	Sat	2:00	10.1	2:15	10.3	8:13	0.7	8:38	0.2	7:00	4:37	
26	Sun	2:47	10.2	3:07	10.0	9:05	0.7	9:27	0.4	6:59	4:38	
27	Mon	3:38	10.4	4:04	9.8	10:02	0.5	10:22	0.5	6:58	4:40	
28	Tue	4:36	10.6	5:09	9.7	11:04	0.4	11:22	0.5	6:57	4:41	
29	Wed	5:38	10.8	6:19	9.8			12:10	0.0	6:56	4:42	
30	Thu	6:44	11.2	7:30	10.0	12:26	0.4	1:15	-0.4	6:55	4:44	
31	Fri	7:50	11.6	8:34	10.4	1:29	0.2	2:17	-0.9	6:54	4:45	