

































Rockland, ME - Mar 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:40	11.4	8:23	10.4	1:17	0.3	2:03	-0.7	6:11	5:25	
2	Sun	8:42	11.7	9:20	10.9	2:20	0.0	3:01	-1.1	6:10	5:26	
3	Mon	9:38	12.0	10:12	11.2	3:18	-0.4	3:54	-1.3	6:08	5:27	
4	Tue	10:31	12.1	11:01	11.4	4:12	-0.7	4:44	-1.3	6:06	5:29	
5	Wed	11:20	11.9	11:48	11.4	5:03	-0.8	5:31	-1.2	6:05	5:30	
6	Thu			12:08	11.6	5:51	-0.8	6:16	-0.9	6:03	5:31	
7	Fri	12:33	11.3	12:54	11.1	6:37	-0.6	6:59	-0.4	6:01	5:32	
8	Sat	1:16	11.0	1:39	10.6	7:23	-0.3	7:42	0.1	5:59	5:34	
9	Sun	1:59	10.6	3:26	10.0	9:09	0.2	9:26	0.7	6:57	6:35	
10	Mon	3:44	10.2	4:14	9.4	9:57	0.6	10:13	1.2	6:56	6:36	
11	Tue	4:31	9.8	5:07	9.0	10:48	1.0	11:03	1.6	6:54	6:37	
12	Wed	5:23	9.5	6:05	8.7	11:43	1.2	11:57	1.9	6:52	6:39	
13	Thu	6:20	9.3	7:04	8.6			12:40	1.4	6:50	6:40	
14	Fri	7:19	9.3	8:01	8.7	12:54	2.0	1:37	1.3	6:49	6:41	
15	Sat	8:14	9.5	8:52	8.9	1:50	1.9	2:30	1.1	6:47	6:43	
16	Sun	9:04	9.7	9:39	9.2	2:43	1.7	3:19	0.9	6:45	6:44	
17	Mon	9:50	10.0	10:20	9.6	3:31	1.3	4:02	0.6	6:43	6:45	
18	Tue	10:31	10.3	10:57	10.0	4:15	0.9	4:43	0.3	6:41	6:46	
19	Wed	11:09	10.6	11:32	10.3	4:56	0.5	5:21	0.0	6:39	6:47	
20	Thu	11:47	10.8			5:37	0.1	5:59	-0.2	6:38	6:49	
21	Fri	12:07	10.7	12:26	10.9	6:18	-0.3	6:38	-0.3	6:36	6:50	
22	Sat	12:44	11.0	1:07	11.0	7:01	-0.5	7:20	-0.3	6:34	6:51	
23	Sun	1:25	11.3	1:53	10.9	7:46	-0.7	8:04	-0.2	6:32	6:52	
24	Mon	2:11	11.4	2:42	10.7	8:35	-0.7	8:53	0.0	6:30	6:54	
25	Tue	3:01	11.3	3:38	10.4	9:29	-0.7	9:47	0.2	6:28	6:55	
26	Wed	3:56	11.2	4:40	10.1	10:28	-0.5	10:47	0.5	6:27	6:56	
27	Thu	5:00	11.0	5:50	10.0	11:32	-0.4	11:53	0.6	6:25	6:57	
28	Fri	6:10	10.9	7:02	10.0			12:39	-0.3	6:23	6:59	
29	Sat	7:23	11.0	8:09	10.3	1:01	0.6	1:45	-0.4	6:21	7:00	
30	Sun	8:30	11.1	9:09	10.6	2:08	0.3	2:47	-0.6	6:19	7:01	
31	Mon	9:30	11.3	10:04	11.0	3:10	0.0	3:44	-0.7	6:18	7:02	