US HARBORS www.USHarbors.com

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	