US HARBORS www.USHarbors.com

Rockland, ME - Jun 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:07	9.7	5:50	-0.1	5:56	1.0	4:55	8:13	
2	Mon	12:13	10.6	12:47	9.5	6:29	0.0	6:33	1.2	4:55	8:13	
3	Tue	12:48	10.5	1:25	9.4	7:07	0.1	7:10	1.4	4:54	8:14	
4	Wed	1:20	10.3	2:01	9.2	7:44	0.3	7:48	1.6	4:54	8:15	
5	Thu	1:53	10.1	2:36	9.1	8:22	0.4	8:27	1.7	4:54	8:16	
6	Fri	2:29	9.9	3:13	9.0	9:01	0.6	9:10	1.8	4:53	8:16	
7	Sat	3:09	9.7	3:54	9.0	9:43	0.7	9:56	1.8	4:53	8:17	
8	Sun	3:55	9.6	4:39	9.1	10:28	0.8	10:47	1.8	4:53	8:18	
9	Mon	4:45	9.4	5:28	9.3	11:15	0.9	11:41	1.6	4:53	8:18	
10	Tue	5:39	9.4	6:19	9.6			12:06	0.8	4:52	8:19	
11	Wed	6:37	9.5	7:12	10.1	12:37	1.3	12:58	0.7	4:52	8:19	
12	Thu	7:37	9.6	8:05	10.6	1:34	0.8	1:51	0.5	4:52	8:20	
13	Fri	8:36	9.9	8:58	11.2	2:30	0.2	2:44	0.3	4:52	8:20	
14	Sat	9:34	10.3	9:50	11.7	3:24	-0.5	3:37	0.0	4:52	8:21	
15	Sun	10:29	10.6	10:43	12.2	4:18	-1.1	4:29	-0.3	4:52	8:21	
16	Mon	11:24	10.9	11:36	12.6	5:11	-1.6	5:22	-0.5	4:52	8:22	
17	Tue			12:19	11.1	6:04	-2.0	6:16	-0.6	4:52	8:22	
18	Wed	12:29	12.7	1:14	11.3	6:58	-2.1	7:11	-0.7	4:52	8:22	
19	Thu	1:24	12.6	2:10	11.3	7:52	-2.0	8:07	-0.5	4:53	8:23	
20	Fri	2:21	12.3	3:07	11.2	8:47	-1.8	9:06	-0.3	4:53	8:23	
21	Sat	3:21	11.9	4:06	11.1	9:43	-1.4	10:07	-0.1	4:53	8:23	
22	Sun	4:23	11.3	5:06	10.9	10:40	-0.9	11:10	0.1	4:53	8:23	
23	Mon	5:26	10.8	6:06	10.8	11:39	-0.4			4:53	8:23	
24	Tue	6:30	10.3	7:04	10.8	12:13	0.3	12:37	0.0	4:54	8:23	
25	Wed	7:31	10.0	8:00	10.8	1:16	0.3	1:35	0.3	4:54	8:23	
26	Thu	8:29	9.8	8:52	10.7	2:15	0.3	2:29	0.6	4:55	8:23	
27	Fri	9:23	9.6	9:41	10.7	3:10	0.3	3:20	0.8	4:55	8:23	
28	Sat	10:14	9.5	10:27	10.7	4:00	0.2	4:07	1.0	4:55	8:23	
29	Sun	11:00	9.5	11:09	10.6	4:45	0.2	4:50	1.1	4:56	8:23	
30	Mon	11:43	9.4	11:48	10.5	5:27	0.2	5:30	1.2	4:56	8:23	