US HARBORS www.USHarbors.com

Rockland, ME - Jul 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			12:23	9.3	6:06	0.2	6:07	1.3	4:57	8:23	
2	Wed	12:23	10.4	1:00	9.3	6:42	0.2	6:44	1.4	4:58	8:23	
3	Thu	12:55	10.3	1:34	9.2	7:18	0.3	7:21	1.4	4:58	8:23	
4	Fri	1:27	10.2	2:05	9.2	7:53	0.3	7:59	1.5	4:59	8:22	
5	Sat	2:01	10.1	2:39	9.3	8:30	0.4	8:39	1.5	5:00	8:22	
6	Sun	2:39	10.0	3:16	9.4	9:09	0.5	9:23	1.5	5:00	8:22	
7	Mon	3:22	9.8	3:59	9.5	9:50	0.6	10:11	1.4	5:01	8:21	
8	Tue	4:11	9.7	4:46	9.7	10:36	0.7	11:04	1.2	5:02	8:21	
9	Wed	5:04	9.6	5:38	10.0	11:26	0.7			5:02	8:20	
10	Thu	6:02	9.5	6:33	10.4	12:01	0.9	12:20	0.7	5:03	8:20	
11	Fri	7:04	9.6	7:31	10.8	1:01	0.5	1:16	0.5	5:04	8:19	
12	Sat	8:08	9.8	8:30	11.4	2:01	0.0	2:14	0.3	5:05	8:19	
13	Sun	9:12	10.2	9:29	11.9	3:01	-0.6	3:12	0.0	5:06	8:18	
14	Mon	10:12	10.6	10:26	12.3	3:58	-1.2	4:09	-0.3	5:07	8:17	
15	Tue	11:09	11.0	11:22	12.7	4:54	-1.7	5:05	-0.6	5:07	8:17	
16	Wed			12:04	11.3	5:48	-2.0	6:01	-0.8	5:08	8:16	
17	Thu	12:17	12.8	12:58	11.4	6:41	-2.1	6:56	-0.9	5:09	8:15	
18	Fri	1:12	12.6	1:52	11.5	7:34	-2.0	7:51	-0.8	5:10	8:14	
19	Sat	2:07	12.3	2:46	11.4	8:26	-1.7	8:47	-0.6	5:11	8:14	
20	Sun	3:03	11.8	3:41	11.2	9:19	-1.2	9:45	-0.3	5:12	8:13	
21	Mon	4:01	11.1	4:38	11.0	10:13	-0.7	10:44	0.1	5:13	8:12	
22	Tue	5:01	10.5	5:35	10.7	11:09	-0.1	11:45	0.4	5:14	8:11	
23	Wed	6:02	10.0	6:32	10.5			12:05	0.4	5:15	8:10	
24	Thu	7:03	9.6	7:28	10.4	12:46	0.6	1:02	0.9	5:16	8:09	
25	Fri	8:01	9.3	8:22	10.3	1:45	0.6	1:58	1.1	5:17	8:08	
26	Sat	8:55	9.2	9:12	10.3	2:40	0.6	2:50	1.3	5:18	8:07	
27	Sun	9:46	9.2	9:59	10.4	3:31	0.6	3:38	1.3	5:19	8:06	
28	Mon	10:33	9.3	10:43	10.4	4:17	0.5	4:23	1.3	5:20	8:05	
29	Tue	11:16	9.3	11:22	10.4	5:00	0.4	5:03	1.2	5:21	8:03	
30	Wed	11:55	9.4	11:58	10.4	5:38	0.3	5:42	1.2	5:23	8:02	
31	Thu			12:31	9.4	6:14	0.2	6:18	1.1	5:24	8:01	