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# Rockland, ME - Aug 2053

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 12:30 | 10.4 | 1:02 | 9.5 | 6:49 | 0.2 | 6:55 | 1.1 | 5:25 | 8:00 | |
| 2 | Sat | 1:01 | 10.3 | 1:32 | 9.6 | 7:24 | 0.3 | 7:32 | 1.0 | 5:26 | 7:59 | |
| 3 | Sun | 1:35 | 10.3 | 2:04 | 9.7 | 7:59 | 0.3 | 8:11 | 1.0 | 5:27 | 7:57 | |
| 4 | Mon | 2:12 | 10.2 | 2:41 | 9.9 | 8:36 | 0.4 | 8:54 | 0.9 | 5:28 | 7:56 | |
| 5 | Tue | 2:55 | 10.0 | 3:24 | 10.0 | 9:17 | 0.5 | 9:42 | 0.8 | 5:29 | 7:55 | |
| 6 | Wed | 3:43 | 9.9 | 4:12 | 10.2 | 10:03 | 0.6 | 10:35 | 0.7 | 5:30 | 7:53 | |
| 7 | Thu | 4:36 | 9.7 | 5:05 | 10.4 | 10:54 | 0.7 | 11:33 | 0.5 | 5:31 | 7:52 | |
| 8 | Fri | 5:36 | 9.6 | 6:04 | 10.6 | 11:50 | 0.7 | | | 5:33 | 7:51 | |
| 9 | Sat | 6:42 | 9.6 | 7:07 | 10.9 | 12:36 | 0.3 | 12:51 | 0.6 | 5:34 | 7:49 | |
| 10 | Sun | 7:51 | 9.8 | 8:12 | 11.3 | 1:39 | -0.1 | 1:54 | 0.4 | 5:35 | 7:48 | |
| 11 | Mon | 8:57 | 10.2 | 9:15 | 11.8 | 2:42 | -0.6 | 2:56 | 0.1 | 5:36 | 7:46 | |
| 12 | Tue | 9:58 | 10.6 | 10:14 | 12.2 | 3:41 | -1.1 | 3:55 | -0.4 | 5:37 | 7:45 | |
| 13 | Wed | 10:55 | 11.1 | 11:11 | 12.5 | 4:38 | -1.5 | 4:52 | -0.7 | 5:38 | 7:43 | |
| 14 | Thu | 11:48 | 11.4 | | | 5:31 | -1.8 | 5:47 | -1.0 | 5:39 | 7:42 | |
| 15 | Fri | 12:05 | 12.6 | 12:40 | 11.6 | 6:23 | -1.9 | 6:40 | -1.1 | 5:41 | 7:40 | |
| 16 | Sat | 12:58 | 12.4 | 1:30 | 11.6 | 7:13 | -1.7 | 7:33 | -1.0 | 5:42 | 7:39 | |
| 17 | Sun | 1:50 | 12.0 | 2:21 | 11.5 | 8:02 | -1.3 | 8:26 | -0.7 | 5:43 | 7:37 | |
| 18 | Mon | 2:42 | 11.4 | 3:12 | 11.2 | 8:52 | -0.8 | 9:19 | -0.3 | 5:44 | 7:35 | |
| 19 | Tue | 3:36 | 10.8 | 4:04 | 10.8 | 9:42 | -0.1 | 10:14 | 0.1 | 5:45 | 7:34 | |
| 20 | Wed | 4:32 | 10.1 | 4:58 | 10.4 | 10:35 | 0.5 | 11:11 | 0.5 | 5:46 | 7:32 | |
| 21 | Thu | 5:31 | 9.6 | 5:55 | 10.1 | 11:29 | 1.0 | | | 5:47 | 7:31 | |
| 22 | Fri | 6:30 | 9.2 | 6:52 | 9.9 | 12:10 | 0.8 | 12:26 | 1.4 | 5:49 | 7:29 | |
| 23 | Sat | 7:29 | 9.0 | 7:47 | 9.8 | 1:09 | 1.0 | 1:22 | 1.6 | 5:50 | 7:27 | |
| 24 | Sun | 8:24 | 9.0 | 8:40 | 9.9 | 2:05 | 1.0 | 2:17 | 1.6 | 5:51 | 7:26 | |
| 25 | Mon | 9:15 | 9.1 | 9:28 | 10.0 | 2:57 | 0.8 | 3:07 | 1.5 | 5:52 | 7:24 | |
| 26 | Tue | 10:01 | 9.2 | 10:13 | 10.2 | 3:44 | 0.7 | 3:53 | 1.3 | 5:53 | 7:22 | |
| 27 | Wed | 10:44 | 9.4 | 10:53 | 10.3 | 4:27 | 0.5 | 4:35 | 1.1 | 5:54 | 7:20 | |
| 28 | Thu | 11:22 | 9.6 | 11:30 | 10.4 | 5:06 | 0.4 | 5:14 | 0.9 | 5:55 | 7:19 | |
| 29 | Fri | 11:56 | 9.8 | | | 5:42 | 0.2 | 5:51 | 0.7 | 5:57 | 7:17 | |
| 30 | Sat | 12:03 | 10.5 | 12:27 | 9.9 | 6:17 | 0.2 | 6:28 | 0.6 | 5:58 | 7:15 | |
| 31 | Sun | 12:35 | 10.5 | 12:57 | 10.1 | 6:51 | 0.2 | 7:06 | 0.4 | 5:59 | 7:13 | |