US HARBORS www.USHarbors.com

Rockland, ME - Dec 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**2:46**	10.7	**3:00**	11.4	**8:47**	0.1	**9:26**	-1.0	6:51	3:59	
2	Tue	**3:50**	10.7	**4:07**	11.0	**9:52**	0.3	**10:28**	-0.7	6:53	3:58	
3	Wed	**4:55**	10.7	**5:17**	10.7	**10:59**	0.3	**11:30**	-0.4	6:54	3:58	
4	Thu	**5:58**	10.8	**6:23**	10.5			**12:06**	0.2	6:55	3:58	
5	Fri	**6:57**	11.0	**7:25**	10.4	**12:31**	-0.2	**1:09**	0.0	6:56	3:58	
6	Sat	**7:52**	11.2	**8:22**	10.3	**1:29**	0.0	**2:07**	-0.2	6:57	3:58	
7	Sun	**8:44**	11.3	**9:15**	10.2	**2:23**	0.1	**3:01**	-0.4	6:58	3:58	
8	Mon	**9:32**	11.3	**10:04**	10.1	**3:12**	0.3	**3:49**	-0.4	6:59	3:57	
9	Tue	**10:16**	11.2	**10:49**	10.0	**3:58**	0.5	**4:33**	-0.4	6:59	3:57	
10	Wed	**10:57**	11.0	**11:32**	9.8	**4:40**	0.7	**5:15**	-0.3	7:00	3:57	
11	Thu	**11:35**	10.8			**5:19**	1.0	**5:53**	-0.1	7:01	3:58	
12	Fri	**12:12**	9.6	**12:10**	10.5	**5:57**	1.2	**6:31**	0.1	7:02	3:58	
13	Sat	**12:50**	9.4	**12:44**	10.2	**6:35**	1.4	**7:08**	0.3	7:03	3:58	
14	Sun	**1:26**	9.2	**1:18**	10.0	**7:14**	1.6	**7:47**	0.5	7:04	3:58	
15	Mon	**2:02**	9.1	**1:56**	9.8	**7:55**	1.7	**8:27**	0.7	7:04	3:58	
16	Tue	**2:40**	9.0	**2:39**	9.5	**8:40**	1.8	**9:11**	0.9	7:05	3:59	
17	Wed	**3:23**	9.0	**3:27**	9.3	**9:29**	1.9	**9:57**	1.0	7:06	3:59	
18	Thu	**4:10**	9.1	**4:20**	9.2	**10:22**	1.8	**10:46**	1.1	7:06	3:59	
19	Fri	**5:01**	9.4	**5:17**	9.1	**11:18**	1.6	**11:37**	1.1	7:07	4:00	
20	Sat	**5:53**	9.7	**6:16**	9.2			**12:14**	1.2	7:07	4:00	
21	Sun	**6:45**	10.2	**7:15**	9.5	**12:30**	0.9	**1:10**	0.6	7:08	4:01	
22	Mon	**7:37**	10.7	**8:12**	9.8	**1:22**	0.7	**2:04**	0.0	7:08	4:01	
23	Tue	**8:28**	11.3	**9:06**	10.2	**2:14**	0.4	**2:56**	-0.6	7:09	4:02	
24	Wed	**9:19**	11.9	**9:59**	10.6	**3:05**	0.1	**3:47**	-1.2	7:09	4:02	
25	Thu	**10:09**	12.3	**10:51**	10.9	**3:57**	-0.3	**4:38**	-1.7	7:10	4:03	
26	Fri	**11:01**	12.6	**11:43**	11.2	**4:49**	-0.5	**5:30**	-2.0	7:10	4:04	
27	Sat	**11:54**	12.7			**5:41**	-0.7	**6:22**	-2.0	7:10	4:04	
28	Sun	**12:37**	11.3	**12:48**	12.5	**6:36**	-0.7	**7:15**	-1.9	7:10	4:05	
29	Mon	**1:32**	11.3	**1:46**	12.1	**7:32**	-0.6	**8:09**	-1.6	7:11	4:06	
30	Tue	**2:30**	11.2	**2:46**	11.6	**8:32**	-0.3	**9:06**	-1.1	7:11	4:07	
31	Wed	**3:30**	11.1	**3:50**	11.0	**9:34**	-0.1	**10:07**	-0.7	7:11	4:08	