US HARBORS www.USHarbors.com

Rockland, ME - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:33	11.0	4:57	10.5	10:40	0.1	11:07	-0.2	7:11	4:08	
2	Fri	5:34	10.9	6:02	10.2	11:45	0.2			7:11	4:09	
3	Sat	6:33	10.9	7:04	9.9	12:07	0.2	12:49	0.2	7:11	4:10	
4	Sun	7:29	10.9	8:01	9.8	1:05	0.5	1:47	0.1	7:11	4:11	
5	Mon	8:22	10.9	8:55	9.7	1:59	0.7	2:41	0.0	7:11	4:12	
6	Tue	9:10	10.9	9:44	9.6	2:50	0.8	3:30	0.0	7:10	4:13	
7	Wed	9:55	10.8	10:29	9.6	3:36	1.0	4:14	0.0	7:10	4:14	
8	Thu	10:36	10.7	11:10	9.5	4:18	1.1	4:54	0.0	7:10	4:15	
9	Fri	11:14	10.6	11:49	9.4	4:57	1.2	5:31	0.1	7:10	4:17	
10	Sat	11:48	10.4			5:33	1.2	6:07	0.2	7:09	4:18	
11	Sun	12:24	9.3	12:19	10.3	6:09	1.3	6:42	0.3	7:09	4:19	
12	Mon	12:56	9.3	12:50	10.1	6:46	1.4	7:17	0.4	7:09	4:20	
13	Tue	1:27	9.3	1:25	10.0	7:25	1.4	7:54	0.6	7:08	4:21	
14	Wed	2:01	9.3	2:05	9.8	8:06	1.5	8:33	0.7	7:08	4:22	
15	Thu	2:40	9.3	2:50	9.5	8:51	1.5	9:16	0.9	7:07	4:24	
16	Fri	3:25	9.5	3:41	9.4	9:42	1.4	10:04	1.0	7:07	4:25	
17	Sat	4:14	9.6	4:36	9.2	10:37	1.3	10:56	1.1	7:06	4:26	
18	Sun	5:08	9.9	5:37	9.2	11:36	1.0	11:52	1.0	7:05	4:27	
19	Mon	6:05	10.3	6:42	9.4			12:37	0.5	7:05	4:29	
20	Tue	7:04	10.8	7:46	9.7	12:50	0.8	1:36	-0.1	7:04	4:30	
21	Wed	8:03	11.4	8:46	10.2	1:48	0.5	2:34	-0.7	7:03	4:31	
22	Thu	9:00	12.0	9:43	10.7	2:44	0.1	3:29	-1.3	7:02	4:33	
23	Fri	9:55	12.4	10:37	11.1	3:40	-0.4	4:23	-1.8	7:02	4:34	
24	Sat	10:50	12.7	11:30	11.4	4:34	-0.7	5:15	-2.1	7:01	4:35	
25	Sun	11:43	12.8			5:28	-1.0	6:07	-2.2	7:00	4:37	
26	Mon	12:23	11.6	12:37	12.6	6:23	-1.0	6:58	-2.0	6:59	4:38	
27	Tue	1:16	11.7	1:33	12.2	7:18	-0.9	7:50	-1.6	6:58	4:39	
28	Wed	2:10	11.5	2:30	11.6	8:14	-0.7	8:44	-1.0	6:57	4:41	
29	Thu	3:06	11.3	3:30	10.9	9:13	-0.3	9:39	-0.4	6:56	4:42	
30	Fri	4:04	11.0	4:32	10.3	10:15	0.0	10:37	0.2	6:55	4:43	
31	Sat	5:04	10.7	5:36	9.8	11:18	0.3	11:36	0.7	6:54	4:45	