US HARBORS www.USHarbors.com

Rockland, ME - Mar 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**4:29**	10.4	**5:06**	9.4	**10:45**	0.5	**11:02**	1.2	6:12	5:24	
2	Mon	**5:28**	10.1	**6:07**	9.1	**11:46**	0.8			6:10	5:26	
3	Tue	**6:27**	9.9	**7:05**	9.0	**12:02**	1.5	**12:46**	0.9	6:08	5:27	
4	Wed	**7:23**	9.9	**7:59**	9.1	**1:00**	1.6	**1:42**	0.9	6:07	5:28	
5	Thu	**8:15**	10.0	**8:48**	9.2	**1:54**	1.5	**2:32**	0.7	6:05	5:30	
6	Fri	**9:02**	10.1	**9:33**	9.4	**2:43**	1.4	**3:17**	0.6	6:03	5:31	
7	Sat	**9:45**	10.2	**10:13**	9.6	**3:26**	1.2	**3:57**	0.5	6:01	5:32	
8	Sun	**11:24**	10.3	**11:49**	9.7	**5:06**	1.0	**5:34**	0.4	7:00	6:33	
9	Mon	**11:59**	10.3			**5:43**	0.8	**6:08**	0.3	6:58	6:35	
10	Tue	**12:21**	9.9	**12:30**	10.3	**6:19**	0.6	**6:41**	0.3	6:56	6:36	
11	Wed	**12:49**	10.0	**1:01**	10.3	**6:55**	0.5	**7:15**	0.4	6:54	6:37	
12	Thu	**1:19**	10.1	**1:35**	10.2	**7:32**	0.4	**7:50**	0.5	6:53	6:38	
13	Fri	**1:53**	10.3	**2:14**	10.1	**8:11**	0.3	**8:28**	0.6	6:51	6:40	
14	Sat	**2:32**	10.4	**2:58**	9.9	**8:55**	0.3	**9:11**	0.7	6:49	6:41	
15	Sun	**3:17**	10.4	**3:49**	9.7	**9:44**	0.3	**10:00**	0.9	6:47	6:42	
16	Mon	**4:08**	10.4	**4:45**	9.5	**10:39**	0.3	**10:56**	1.0	6:45	6:43	
17	Tue	**5:06**	10.5	**5:50**	9.5	**11:41**	0.2	**11:59**	1.0	6:44	6:45	
18	Wed	**6:11**	10.6	**7:01**	9.6			**12:47**	0.0	6:42	6:46	
19	Thu	**7:21**	10.8	**8:11**	10.0	**1:06**	0.8	**1:52**	-0.3	6:40	6:47	
20	Fri	**8:30**	11.2	**9:14**	10.6	**2:12**	0.4	**2:54**	-0.7	6:38	6:48	
21	Sat	**9:33**	11.7	**10:11**	11.1	**3:14**	-0.1	**3:52**	-1.1	6:36	6:50	
22	Sun	**10:31**	12.0	**11:04**	11.6	**4:12**	-0.7	**4:46**	-1.4	6:34	6:51	
23	Mon	**11:25**	12.2	**11:54**	11.9	**5:07**	-1.1	**5:37**	-1.5	6:33	6:52	
24	Tue			**12:17**	12.1	**6:00**	-1.4	**6:25**	-1.4	6:31	6:53	
25	Wed	**12:42**	12.0	**1:08**	11.9	**6:50**	-1.4	**7:13**	-1.1	6:29	6:55	
26	Thu	**1:29**	11.9	**1:58**	11.4	**7:40**	-1.3	**8:00**	-0.6	6:27	6:56	
27	Fri	**2:17**	11.6	**2:48**	10.8	**8:30**	-0.9	**8:48**	0.0	6:25	6:57	
28	Sat	**3:05**	11.1	**3:40**	10.2	**9:21**	-0.4	**9:38**	0.6	6:23	6:58	
29	Sun	**3:56**	10.6	**4:35**	9.6	**10:14**	0.1	**10:30**	1.2	6:22	6:59	
30	Mon	**4:50**	10.1	**5:33**	9.2	**11:09**	0.6	**11:26**	1.6	6:20	7:01	
31	Tue	**5:48**	9.7	**6:32**	8.9			**12:07**	0.9	6:18	7:02	