

































Rockland, ME - Jul 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:55	9.2	8:16	10.3	1:50	1.0	2:02	1.0	4:57	8:23	
2	Thu	8:51	9.4	9:06	10.8	2:43	0.5	2:52	0.8	4:57	8:23	
3	Fri	9:44	9.7	9:56	11.3	3:35	-0.1	3:43	0.5	4:58	8:23	
4	Sat	10:36	10.1	10:46	11.8	4:25	-0.7	4:33	0.2	4:59	8:22	
5	Sun	11:27	10.5	11:36	12.2	5:16	-1.2	5:24	-0.1	4:59	8:22	
6	Mon			12:19	10.8	6:06	-1.6	6:16	-0.3	5:00	8:22	
7	Tue	12:28	12.4	1:11	11.0	6:57	-1.8	7:09	-0.5	5:01	8:21	
8	Wed	1:21	12.4	2:04	11.2	7:49	-1.8	8:05	-0.5	5:02	8:21	
9	Thu	2:16	12.2	3:00	11.2	8:42	-1.7	9:02	-0.4	5:02	8:20	
10	Fri	3:15	11.8	3:58	11.2	9:37	-1.4	10:03	-0.3	5:03	8:20	
11	Sat	4:16	11.3	4:58	11.2	10:34	-1.0	11:06	-0.2	5:04	8:19	
12	Sun	5:21	10.8	5:59	11.1	11:33	-0.5			5:05	8:19	
13	Mon	6:27	10.4	7:00	11.1	12:10	-0.1	12:33	-0.1	5:06	8:18	
14	Tue	7:32	10.1	7:58	11.1	1:15	0.0	1:32	0.2	5:06	8:17	
15	Wed	8:32	9.9	8:54	11.1	2:16	-0.1	2:30	0.5	5:07	8:17	
16	Thu	9:29	9.8	9:46	11.1	3:14	-0.1	3:25	0.7	5:08	8:16	
17	Fri	10:21	9.8	10:34	11.0	4:06	-0.2	4:15	0.8	5:09	8:15	
18	Sat	11:09	9.7	11:19	10.9	4:54	-0.2	5:00	0.9	5:10	8:15	
19	Sun	11:54	9.6			5:38	-0.1	5:42	1.0	5:11	8:14	
20	Mon	12:00	10.7	12:35	9.5	6:18	0.0	6:22	1.1	5:12	8:13	
21	Tue	12:38	10.5	1:13	9.5	6:55	0.1	6:59	1.2	5:13	8:12	
22	Wed	1:12	10.3	1:48	9.4	7:31	0.3	7:36	1.3	5:14	8:11	
23	Thu	1:45	10.1	2:20	9.3	8:06	0.4	8:14	1.4	5:15	8:10	
24	Fri	2:18	9.9	2:52	9.3	8:42	0.6	8:55	1.4	5:16	8:09	
25	Sat	2:55	9.7	3:28	9.3	9:20	0.8	9:38	1.5	5:17	8:08	
26	Sun	3:37	9.5	4:09	9.4	10:01	1.0	10:26	1.5	5:18	8:07	
27	Mon	4:24	9.3	4:55	9.5	10:46	1.1	11:17	1.4	5:19	8:06	
28	Tue	5:16	9.1	5:46	9.7	11:35	1.2			5:20	8:05	
29	Wed	6:14	9.1	6:40	10.0	12:13	1.2	12:28	1.2	5:21	8:04	
30	Thu	7:15	9.2	7:37	10.4	1:11	0.8	1:24	1.1	5:22	8:03	
31	Fri	8:17	9.4	8:34	10.9	2:10	0.3	2:20	0.8	5:23	8:01	