US HARBORS www.USHarbors.com

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	