US HARBORS www.USHarbors.com

Rockland, ME - Nov 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:24	11.4	11:39 AM	12.1	5:22	-0.7	5:56	-1.5	6:13	4:26	
2	Mon	12:14	11.1	12:25	11.8	6:10	-0.3	6:45	-1.2	6:14	4:24	
3	Tue	1:04	10.6	1:13	11.3	6:58	0.3	7:34	-0.7	6:16	4:23	
4	Wed	1:55	10.1	2:01	10.8	7:46	0.8	8:24	-0.2	6:17	4:22	
5	Thu	2:47	9.7	2:53	10.2	8:37	1.3	9:16	0.3	6:18	4:21	
6	Fri	3:42	9.3	3:48	9.8	9:32	1.7	10:09	0.7	6:20	4:19	
7	Sat	4:38	9.1	4:47	9.4	10:29	1.9	11:05	1.0	6:21	4:18	
8	Sun	5:33	9.0	5:45	9.3	11:27	1.9	11:59	1.1	6:22	4:17	
9	Mon	6:26	9.1	6:41	9.3			12:23	1.8	6:24	4:16	
10	Tue	7:15	9.4	7:32	9.4	12:50	1.1	1:16	1.5	6:25	4:15	
11	Wed	8:01	9.7	8:20	9.5	1:37	1.0	2:04	1.1	6:26	4:14	
12	Thu	8:42	10.0	9:03	9.6	2:20	0.9	2:48	0.8	6:28	4:12	
13	Fri	9:19	10.2	9:43	9.8	3:01	0.8	3:29	0.4	6:29	4:11	
14	Sat	9:53	10.5	10:20	9.9	3:39	0.7	4:08	0.1	6:30	4:10	
15	Sun	10:26	10.8	10:57	9.9	4:17	0.7	4:47	-0.2	6:32	4:09	
16	Mon	11:01	11.0	11:35	10.0	4:55	0.6	5:27	-0.4	6:33	4:09	
17	Tue	11:39	11.1			5:35	0.6	6:09	-0.6	6:34	4:08	
18	Wed	12:17	10.0	12:22	11.2	6:17	0.6	6:55	-0.6	6:36	4:07	
19	Thu	1:03	10.0	1:10	11.2	7:04	0.7	7:44	-0.6	6:37	4:06	
20	Fri	1:54	10.0	2:02	11.1	7:57	0.8	8:37	-0.5	6:38	4:05	
21	Sat	2:50	10.0	3:01	10.9	8:54	0.8	9:35	-0.4	6:39	4:04	
22	Sun	3:53	10.1	4:06	10.7	9:58	0.8	10:36	-0.4	6:41	4:04	
23	Mon	4:59	10.3	5:17	10.6	11:05	0.6	11:39	-0.4	6:42	4:03	
24	Tue	6:05	10.6	6:27	10.6			12:12	0.2	6:43	4:02	
25	Wed	7:06	11.1	7:33	10.8	12:40	-0.4	1:16	-0.2	6:44	4:02	
26	Thu	8:03	11.5	8:32	10.9	1:39	-0.5	2:16	-0.7	6:45	4:01	
27	Fri	8:56	11.8	9:28	10.9	2:34	-0.5	3:11	-1.1	6:47	4:01	
28	Sat	9:46	12.0	10:20	10.9	3:26	-0.5	4:03	-1.3	6:48	4:00	
29	Sun	10:34	12.0	11:10	10.7	4:15	-0.3	4:52	-1.3	6:49	4:00	
30	Mon	11:20	11.8	11:58	10.5	5:03	0.0	5:39	-1.1	6:50	3:59	