US HARBORS www.USHarbors.com

Rockland, ME - Jan 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:05	9.5	1:03	10.4	6:51	1.2	7:25	0.2	7:11	4:08	
2	Sat	1:44	9.3	1:41	10.1	7:32	1.5	8:05	0.5	7:11	4:09	
3	Sun	2:24	9.2	2:20	9.7	8:15	1.7	8:46	0.8	7:11	4:10	
4	Mon	3:04	9.1	3:04	9.4	9:02	1.8	9:30	1.0	7:11	4:11	
5	Tue	3:48	9.0	3:53	9.1	9:52	1.9	10:16	1.3	7:11	4:12	
6	Wed	4:35	9.1	4:47	8.9	10:46	1.8	11:06	1.4	7:11	4:13	
7	Thu	5:25	9.2	5:46	8.8	11:41	1.6	11:56	1.5	7:10	4:14	
8	Fri	6:15	9.5	6:45	8.8			12:37	1.3	7:10	4:15	
9	Sat	7:05	9.9	7:41	9.0	12:48	1.4	1:30	0.9	7:10	4:16	
10	Sun	7:54	10.3	8:33	9.3	1:38	1.2	2:21	0.4	7:10	4:17	
11	Mon	8:41	10.8	9:22	9.7	2:27	1.0	3:10	-0.2	7:09	4:18	
12	Tue	9:28	11.3	10:10	10.1	3:16	0.6	3:58	-0.7	7:09	4:20	
13	Wed	10:16	11.8	10:57	10.5	4:04	0.3	4:46	-1.2	7:08	4:21	
14	Thu	11:04	12.1	11:46	10.8	4:53	0.0	5:34	-1.5	7:08	4:22	
15	Fri	11:54	12.3			5:43	-0.3	6:22	-1.7	7:07	4:23	
16	Sat	12:35	11.0	12:46	12.2	6:35	-0.4	7:13	-1.7	7:07	4:24	
17	Sun	1:27	11.2	1:40	12.0	7:30	-0.5	8:05	-1.4	7:06	4:26	
18	Mon	2:22	11.2	2:39	11.5	8:27	-0.4	8:59	-1.1	7:06	4:27	
19	Tue	3:20	11.2	3:42	11.0	9:29	-0.2	9:57	-0.6	7:05	4:28	
20	Wed	4:21	11.1	4:49	10.5	10:33	-0.1	10:57	-0.2	7:04	4:30	
21	Thu	5:24	11.1	5:57	10.1	11:39	0.0	11:59	0.2	7:03	4:31	
22	Fri	6:26	11.1	7:02	9.9			12:45	-0.1	7:03	4:32	
23	Sat	7:26	11.1	8:03	9.8	1:00	0.5	1:47	-0.2	7:02	4:34	
24	Sun	8:22	11.2	8:59	9.8	1:59	0.6	2:44	-0.3	7:01	4:35	
25	Mon	9:14	11.2	9:50	9.8	2:53	0.7	3:35	-0.3	7:00	4:36	
26	Tue	10:02	11.1	10:37	9.8	3:43	0.7	4:22	-0.3	6:59	4:38	
27	Wed	10:46	11.0	11:20	9.8	4:28	0.8	5:04	-0.2	6:58	4:39	
28	Thu	11:26	10.8			5:09	0.9	5:43	-0.1	6:57	4:40	
29	Fri	12:00	9.7	12:03	10.6	5:48	1.0	6:20	0.1	6:56	4:42	
30	Sat	12:36	9.6	12:37	10.3	6:25	1.1	6:55	0.3	6:55	4:43	
31	Sun	1:10	9.5	1:10	10.1	7:02	1.2	7:30	0.5	6:54	4:44	