US HARBORS www.USHarbors.com

Rockland, ME - Jul 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**4:18**	11.0	**5:04**	10.7	**10:44**	-0.6	**11:13**	0.2	4:57	8:23	
2	Fri	**5:23**	10.7	**6:05**	10.9	**11:42**	-0.4			4:57	8:23	
3	Sat	**6:31**	10.4	**7:08**	11.1	**12:18**	0.1	**12:42**	-0.2	4:58	8:23	
4	Sun	**7:39**	10.3	**8:08**	11.4	**1:23**	-0.2	**1:42**	-0.1	4:59	8:22	
5	Mon	**8:43**	10.3	**9:06**	11.6	**2:26**	-0.5	**2:41**	0.0	4:59	8:22	
6	Tue	**9:43**	10.3	**10:00**	11.7	**3:26**	-0.7	**3:37**	0.1	5:00	8:22	
7	Wed	**10:38**	10.3	**10:52**	11.8	**4:21**	-0.9	**4:31**	0.2	5:01	8:21	
8	Thu	**11:30**	10.3	**11:41**	11.6	**5:13**	-1.0	**5:21**	0.3	5:01	8:21	
9	Fri			**12:19**	10.2	**6:02**	-0.9	**6:09**	0.5	5:02	8:20	
10	Sat	**12:27**	11.4	**1:06**	10.0	**6:48**	-0.7	**6:54**	0.7	5:03	8:20	
11	Sun	**1:11**	11.1	**1:50**	9.8	**7:31**	-0.4	**7:38**	0.9	5:04	8:19	
12	Mon	**1:53**	10.7	**2:32**	9.6	**8:13**	-0.1	**8:21**	1.2	5:04	8:19	
13	Tue	**2:34**	10.3	**3:14**	9.4	**8:54**	0.2	**9:05**	1.4	5:05	8:18	
14	Wed	**3:15**	9.9	**3:56**	9.3	**9:35**	0.6	**9:51**	1.6	5:06	8:18	
15	Thu	**3:58**	9.5	**4:38**	9.2	**10:18**	0.9	**10:39**	1.7	5:07	8:17	
16	Fri	**4:45**	9.2	**5:23**	9.2	**11:03**	1.2	**11:31**	1.7	5:08	8:16	
17	Sat	**5:37**	8.9	**6:11**	9.3	**11:50**	1.4			5:09	8:16	
18	Sun	**6:32**	8.8	**7:00**	9.4	**12:25**	1.6	**12:40**	1.5	5:10	8:15	
19	Mon	**7:30**	8.7	**7:50**	9.7	**1:19**	1.4	**1:30**	1.6	5:11	8:14	
20	Tue	**8:25**	8.8	**8:38**	10.0	**2:13**	1.1	**2:20**	1.5	5:12	8:13	
21	Wed	**9:17**	9.0	**9:25**	10.4	**3:04**	0.7	**3:09**	1.3	5:13	8:12	
22	Thu	**10:05**	9.3	**10:10**	10.8	**3:52**	0.3	**3:57**	1.0	5:14	8:11	
23	Fri	**10:51**	9.7	**10:56**	11.3	**4:39**	-0.2	**4:44**	0.7	5:15	8:10	
24	Sat	**11:36**	10.0	**11:42**	11.6	**5:25**	-0.7	**5:31**	0.3	5:16	8:09	
25	Sun			**12:22**	10.4	**6:11**	-1.0	**6:20**	0.0	5:17	8:08	
26	Mon	**12:29**	11.9	**1:09**	10.7	**6:58**	-1.3	**7:09**	-0.2	5:18	8:07	
27	Tue	**1:19**	12.0	**1:58**	11.0	**7:46**	-1.4	**8:02**	-0.4	5:19	8:06	
28	Wed	**2:11**	11.8	**2:50**	11.1	**8:36**	-1.3	**8:57**	-0.4	5:20	8:05	
29	Thu	**3:06**	11.5	**3:44**	11.2	**9:28**	-1.0	**9:55**	-0.4	5:21	8:04	
30	Fri	**4:06**	11.1	**4:43**	11.2	**10:23**	-0.7	**10:57**	-0.3	5:22	8:03	
31	Sat	**5:11**	10.7	**5:45**	11.2	**11:22**	-0.3			5:23	8:02	