US HARBORS www.USHarbors.com

Rockland, ME - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**9:36**	10.5	**10:14**	9.3	**3:20**	1.3	**3:59**	0.2	7:11	4:08	
2	Sun	**10:12**	10.7	**10:53**	9.5	**4:01**	1.2	**4:39**	-0.1	7:11	4:09	
3	Mon	**10:50**	10.9	**11:31**	9.6	**4:41**	1.0	**5:20**	-0.4	7:11	4:10	
4	Tue	**11:29**	11.1			**5:22**	0.9	**6:01**	-0.6	7:11	4:11	
5	Wed	**12:10**	9.8	**12:11**	11.3	**6:05**	0.7	**6:44**	-0.7	7:11	4:12	
6	Thu	**12:53**	10.0	**12:57**	11.3	**6:51**	0.6	**7:29**	-0.7	7:11	4:13	
7	Fri	**1:39**	10.2	**1:47**	11.2	**7:41**	0.5	**8:17**	-0.7	7:10	4:14	
8	Sat	**2:29**	10.3	**2:41**	10.9	**8:36**	0.5	**9:09**	-0.5	7:10	4:15	
9	Sun	**3:24**	10.5	**3:41**	10.6	**9:35**	0.4	**10:05**	-0.3	7:10	4:16	
10	Mon	**4:24**	10.7	**4:48**	10.3	**10:39**	0.3	**11:04**	-0.1	7:10	4:17	
11	Tue	**5:26**	10.9	**5:58**	10.1	**11:45**	0.1			7:09	4:18	
12	Wed	**6:30**	11.1	**7:07**	10.1	**12:05**	0.1	**12:51**	-0.2	7:09	4:19	
13	Thu	**7:31**	11.4	**8:11**	10.2	**1:07**	0.2	**1:54**	-0.6	7:08	4:21	
14	Fri	**8:30**	11.7	**9:10**	10.3	**2:06**	0.2	**2:53**	-0.9	7:08	4:22	
15	Sat	**9:25**	11.9	**10:05**	10.4	**3:03**	0.2	**3:48**	-1.1	7:07	4:23	
16	Sun	**10:16**	11.9	**10:56**	10.4	**3:57**	0.2	**4:39**	-1.2	7:07	4:24	
17	Mon	**11:06**	11.8	**11:45**	10.3	**4:47**	0.2	**5:27**	-1.1	7:06	4:25	
18	Tue	**11:52**	11.5			**5:35**	0.3	**6:13**	-0.8	7:06	4:27	
19	Wed	**12:30**	10.2	**12:37**	11.2	**6:21**	0.5	**6:56**	-0.5	7:05	4:28	
20	Thu	**1:15**	10.0	**1:20**	10.7	**7:05**	0.8	**7:38**	-0.1	7:04	4:29	
21	Fri	**1:58**	9.8	**2:02**	10.2	**7:50**	1.1	**8:20**	0.3	7:04	4:31	
22	Sat	**2:40**	9.5	**2:46**	9.7	**8:36**	1.3	**9:02**	0.8	7:03	4:32	
23	Sun	**3:23**	9.4	**3:33**	9.3	**9:24**	1.5	**9:47**	1.1	7:02	4:33	
24	Mon	**4:09**	9.3	**4:25**	8.9	**10:15**	1.7	**10:34**	1.5	7:01	4:35	
25	Tue	**4:57**	9.2	**5:22**	8.6	**11:10**	1.7	**11:25**	1.7	7:00	4:36	
26	Wed	**5:48**	9.3	**6:21**	8.5			**12:06**	1.6	6:59	4:37	
27	Thu	**6:40**	9.4	**7:18**	8.6	**12:17**	1.8	**1:01**	1.3	6:59	4:39	
28	Fri	**7:30**	9.7	**8:11**	8.7	**1:09**	1.8	**1:54**	1.0	6:58	4:40	
29	Sat	**8:17**	10.1	**8:59**	9.0	**1:59**	1.6	**2:43**	0.6	6:57	4:41	
30	Sun	**9:02**	10.5	**9:43**	9.3	**2:46**	1.4	**3:28**	0.1	6:55	4:43	
31	Mon	**9:45**	10.9	**10:25**	9.7	**3:31**	1.1	**4:12**	-0.3	6:54	4:44	