US HARBORS www.USHarbors.com

Rockland, ME - Mar 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**10:04**	11.5	**10:38**	10.7	**3:52**	0.2	**4:27**	-0.9	6:11	5:25	
2	Thu	**10:51**	11.9	**11:23**	11.2	**4:39**	-0.3	**5:12**	-1.2	6:09	5:26	
3	Fri	**11:39**	12.0			**5:28**	-0.8	**5:58**	-1.4	6:08	5:28	
4	Sat	**12:08**	11.6	**12:28**	12.0	**6:18**	-1.1	**6:45**	-1.3	6:06	5:29	
5	Sun	**12:56**	11.8	**1:20**	11.7	**7:10**	-1.2	**7:34**	-1.0	6:04	5:30	
6	Mon	**1:46**	11.8	**2:16**	11.2	**8:04**	-1.1	**8:27**	-0.6	6:02	5:31	
7	Tue	**2:41**	11.6	**3:18**	10.7	**9:03**	-0.8	**9:24**	-0.1	6:01	5:33	
8	Wed	**3:42**	11.3	**4:25**	10.2	**10:06**	-0.5	**10:25**	0.4	5:59	5:34	
9	Thu	**4:48**	11.0	**5:35**	9.8	**11:13**	-0.3	**11:32**	0.8	5:57	5:35	
10	Fri	**5:57**	10.9	**6:43**	9.7			**12:21**	-0.1	5:55	5:37	
11	Sat	**7:03**	10.8	**7:45**	9.8	**12:39**	0.9	**1:26**	-0.1	5:53	5:38	
12	Sun	**9:03**	10.9	**9:42**	9.9	**1:42**	0.9	**3:24**	-0.2	6:52	6:39	
13	Mon	**9:58**	10.9	**10:32**	10.1	**3:40**	0.7	**4:17**	-0.2	6:50	6:40	
14	Tue	**10:48**	10.9	**11:18**	10.2	**4:31**	0.6	**5:03**	-0.2	6:48	6:42	
15	Wed	**11:33**	10.8			**5:17**	0.5	**5:45**	-0.1	6:46	6:43	
16	Thu	**12:00**	10.2	**12:14**	10.7	**5:58**	0.4	**6:23**	0.1	6:44	6:44	
17	Fri	**12:38**	10.2	**12:52**	10.4	**6:37**	0.5	**6:58**	0.3	6:43	6:45	
18	Sat	**1:12**	10.1	**1:27**	10.1	**7:13**	0.5	**7:31**	0.6	6:41	6:47	
19	Sun	**1:43**	9.9	**2:00**	9.8	**7:49**	0.6	**8:05**	0.9	6:39	6:48	
20	Mon	**2:12**	9.8	**2:33**	9.5	**8:26**	0.8	**8:40**	1.2	6:37	6:49	
21	Tue	**2:43**	9.7	**3:10**	9.2	**9:06**	0.9	**9:18**	1.6	6:35	6:50	
22	Wed	**3:21**	9.6	**3:53**	8.9	**9:49**	1.1	**10:01**	1.8	6:33	6:52	
23	Thu	**4:05**	9.4	**4:43**	8.6	**10:38**	1.2	**10:50**	2.0	6:32	6:53	
24	Fri	**4:56**	9.4	**5:40**	8.5	**11:33**	1.3	**11:46**	2.1	6:30	6:54	
25	Sat	**5:52**	9.4	**6:43**	8.6			**12:31**	1.2	6:28	6:55	
26	Sun	**6:54**	9.6	**7:46**	8.9	**12:45**	2.0	**1:30**	0.9	6:26	6:56	
27	Mon	**7:55**	10.0	**8:43**	9.4	**1:45**	1.6	**2:27**	0.4	6:24	6:58	
28	Tue	**8:54**	10.5	**9:34**	10.0	**2:42**	1.1	**3:20**	-0.1	6:22	6:59	
29	Wed	**9:48**	11.1	**10:23**	10.7	**3:36**	0.4	**4:09**	-0.6	6:21	7:00	
30	Thu	**10:40**	11.6	**11:10**	11.4	**4:28**	-0.3	**4:58**	-1.0	6:19	7:01	
31	Fri	**11:31**	11.9	**11:57**	11.9	**5:19**	-1.0	**5:45**	-1.3	6:17	7:03	