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# Rockland, ME - Jul 2056

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 2:26 | 11.5 | 3:10 | 10.2 | 8:49 | -0.8 | 9:02 | 0.7 | 4:57 | 8:23 | |
| 2 | Sun | 3:18 | 10.9 | 4:02 | 10.0 | 9:38 | -0.4 | 9:56 | 1.0 | 4:58 | 8:23 | |
| 3 | Mon | 4:11 | 10.3 | 4:53 | 9.8 | 10:28 | 0.1 | 10:51 | 1.3 | 4:58 | 8:22 | |
| 4 | Tue | 5:06 | 9.8 | 5:45 | 9.6 | 11:19 | 0.6 | 11:47 | 1.4 | 4:59 | 8:22 | |
| 5 | Wed | 6:02 | 9.4 | 6:37 | 9.6 | | | 12:09 | 1.0 | 5:00 | 8:22 | |
| 6 | Thu | 6:58 | 9.1 | 7:27 | 9.6 | 12:43 | 1.4 | 1:00 | 1.3 | 5:00 | 8:21 | |
| 7 | Fri | 7:53 | 8.9 | 8:16 | 9.7 | 1:37 | 1.4 | 1:49 | 1.4 | 5:01 | 8:21 | |
| 8 | Sat | 8:46 | 8.9 | 9:02 | 9.9 | 2:29 | 1.2 | 2:37 | 1.5 | 5:02 | 8:21 | |
| 9 | Sun | 9:35 | 8.9 | 9:45 | 10.0 | 3:18 | 0.9 | 3:23 | 1.5 | 5:03 | 8:20 | |
| 10 | Mon | 10:21 | 9.0 | 10:25 | 10.2 | 4:04 | 0.7 | 4:07 | 1.5 | 5:03 | 8:20 | |
| 11 | Tue | 11:03 | 9.1 | 11:03 | 10.4 | 4:47 | 0.4 | 4:48 | 1.4 | 5:04 | 8:19 | |
| 12 | Wed | 11:43 | 9.2 | 11:39 | 10.6 | 5:27 | 0.2 | 5:28 | 1.3 | 5:05 | 8:18 | |
| 13 | Thu | | | 12:20 | 9.4 | 6:07 | 0.0 | 6:08 | 1.2 | 5:06 | 8:18 | |
| 14 | Fri | 12:16 | 10.8 | 12:57 | 9.5 | 6:46 | -0.2 | 6:49 | 1.0 | 5:07 | 8:17 | |
| 15 | Sat | 12:55 | 10.9 | 1:35 | 9.7 | 7:26 | -0.3 | 7:32 | 0.9 | 5:08 | 8:16 | |
| 16 | Sun | 1:37 | 10.9 | 2:17 | 9.9 | 8:08 | -0.4 | 8:19 | 0.7 | 5:09 | 8:16 | |
| 17 | Mon | 2:23 | 10.9 | 3:03 | 10.1 | 8:53 | -0.4 | 9:09 | 0.6 | 5:10 | 8:15 | |
| 18 | Tue | 3:13 | 10.8 | 3:53 | 10.4 | 9:41 | -0.3 | 10:04 | 0.5 | 5:11 | 8:14 | |
| 19 | Wed | 4:09 | 10.6 | 4:47 | 10.6 | 10:32 | -0.2 | 11:04 | 0.3 | 5:11 | 8:13 | |
| 20 | Thu | 5:09 | 10.3 | 5:46 | 10.8 | 11:28 | 0.0 | | | 5:12 | 8:12 | |
| 21 | Fri | 6:16 | 10.1 | 6:48 | 11.1 | 12:07 | 0.1 | 12:27 | 0.1 | 5:13 | 8:12 | |
| 22 | Sat | 7:25 | 10.0 | 7:51 | 11.3 | 1:12 | -0.2 | 1:28 | 0.2 | 5:14 | 8:11 | |
| 23 | Sun | 8:33 | 10.1 | 8:53 | 11.6 | 2:16 | -0.5 | 2:29 | 0.2 | 5:15 | 8:10 | |
| 24 | Mon | 9:36 | 10.2 | 9:51 | 11.9 | 3:18 | -0.8 | 3:29 | 0.1 | 5:16 | 8:09 | |
| 25 | Tue | 10:34 | 10.4 | 10:46 | 12.0 | 4:16 | -1.1 | 4:26 | 0.0 | 5:18 | 8:08 | |
| 26 | Wed | 11:28 | 10.5 | 11:39 | 12.0 | 5:10 | -1.3 | 5:19 | 0.0 | 5:19 | 8:06 | |
| 27 | Thu | | | 12:19 | 10.6 | 6:01 | -1.3 | 6:11 | 0.0 | 5:20 | 8:05 | |
| 28 | Fri | 12:29 | 11.9 | 1:08 | 10.5 | 6:50 | -1.1 | 7:00 | 0.2 | 5:21 | 8:04 | |
| 29 | Sat | 1:17 | 11.6 | 1:54 | 10.3 | 7:36 | -0.8 | 7:47 | 0.4 | 5:22 | 8:03 | |
| 30 | Sun | 2:03 | 11.1 | 2:40 | 10.1 | 8:21 | -0.4 | 8:34 | 0.7 | 5:23 | 8:02 | |
| 31 | Mon | 2:49 | 10.6 | 3:25 | 9.9 | 9:04 | 0.0 | 9:22 | 0.9 | 5:24 | 8:01 | |