US HARBORS www.USHarbors.com

Rockland, ME - Aug 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	**3:35**	10.0	**4:09**	9.7	**9:48**	0.5	**10:11**	1.2	5:25	8:00	
2	Wed	**4:24**	9.5	**4:56**	9.5	**10:33**	1.0	**11:02**	1.4	5:26	7:58	
3	Thu	**5:15**	9.1	**5:44**	9.4	**11:20**	1.4	**11:55**	1.5	5:27	7:57	
4	Fri	**6:11**	8.8	**6:35**	9.4			**12:10**	1.7	5:28	7:56	
5	Sat	**7:09**	8.6	**7:27**	9.4	**12:51**	1.5	**1:02**	1.8	5:29	7:54	
6	Sun	**8:05**	8.6	**8:18**	9.6	**1:46**	1.3	**1:54**	1.9	5:31	7:53	
7	Mon	**8:58**	8.7	**9:06**	9.9	**2:39**	1.1	**2:45**	1.8	5:32	7:52	
8	Tue	**9:46**	8.9	**9:51**	10.2	**3:28**	0.8	**3:32**	1.6	5:33	7:50	
9	Wed	**10:30**	9.1	**10:32**	10.5	**4:14**	0.5	**4:17**	1.3	5:34	7:49	
10	Thu	**11:11**	9.4	**11:13**	10.8	**4:56**	0.1	**5:00**	1.0	5:35	7:47	
11	Fri	**11:50**	9.8	**11:53**	11.1	**5:38**	-0.2	**5:43**	0.6	5:36	7:46	
12	Sat			**12:28**	10.1	**6:18**	-0.5	**6:26**	0.3	5:37	7:44	
13	Sun	**12:35**	11.3	**1:08**	10.4	**7:00**	-0.7	**7:12**	0.1	5:39	7:43	
14	Mon	**1:19**	11.4	**1:52**	10.7	**7:43**	-0.8	**8:00**	-0.1	5:40	7:41	
15	Tue	**2:07**	11.3	**2:38**	10.9	**8:28**	-0.7	**8:51**	-0.2	5:41	7:40	
16	Wed	**2:58**	11.0	**3:29**	11.0	**9:17**	-0.5	**9:47**	-0.2	5:42	7:38	
17	Thu	**3:54**	10.7	**4:24**	11.1	**10:10**	-0.2	**10:47**	-0.2	5:43	7:37	
18	Fri	**4:57**	10.3	**5:26**	11.1	**11:08**	0.1	**11:52**	-0.2	5:44	7:35	
19	Sat	**6:07**	10.0	**6:32**	11.1			**12:10**	0.4	5:45	7:33	
20	Sun	**7:18**	9.9	**7:39**	11.2	**12:58**	-0.3	**1:15**	0.5	5:47	7:32	
21	Mon	**8:25**	9.9	**8:43**	11.3	**2:05**	-0.4	**2:19**	0.5	5:48	7:30	
22	Tue	**9:26**	10.1	**9:42**	11.5	**3:07**	-0.6	**3:20**	0.4	5:49	7:28	
23	Wed	**10:22**	10.3	**10:36**	11.6	**4:04**	-0.8	**4:16**	0.2	5:50	7:27	
24	Thu	**11:13**	10.4	**11:26**	11.6	**4:56**	-0.9	**5:08**	0.1	5:51	7:25	
25	Fri			**12:00**	10.5	**5:44**	-0.8	**5:56**	0.1	5:52	7:23	
26	Sat	**12:13**	11.4	**12:44**	10.4	**6:28**	-0.6	**6:41**	0.2	5:53	7:22	
27	Sun	**12:57**	11.1	**1:26**	10.3	**7:10**	-0.3	**7:23**	0.4	5:55	7:20	
28	Mon	**1:39**	10.7	**2:05**	10.1	**7:49**	0.0	**8:05**	0.6	5:56	7:18	
29	Tue	**2:19**	10.2	**2:42**	9.9	**8:27**	0.5	**8:46**	0.8	5:57	7:16	
30	Wed	**2:59**	9.7	**3:19**	9.7	**9:06**	0.9	**9:30**	1.1	5:58	7:15	
31	Thu	**3:40**	9.3	**3:59**	9.4	**9:47**	1.3	**10:17**	1.3	5:59	7:13	