US HARBORS www.USHarbors.com

Rockland, ME - Nov 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:49	8.7	5:56	9.5	11:53	2.1			7:14	5:25	
2	Thu	6:49	9.0	6:58	9.7	12:32	0.9	12:53	1.7	7:15	5:24	
3	Fri	7:45	9.6	7:59	10.1	1:28	0.6	1:52	1.1	7:16	5:22	
4	Sat	8:37	10.3	8:56	10.6	2:21	0.2	2:47	0.4	7:18	5:21	
5	Sun	8:27	11.0	8:51	11.0	2:12	-0.3	2:40	-0.4	6:19	4:20	
6	Mon	9:15	11.7	9:44	11.3	3:01	-0.6	3:32	-1.2	6:20	4:19	
7	Tue	10:03	12.2	10:36	11.5	3:50	-0.9	4:24	-1.7	6:22	4:18	
8	Wed	10:51	12.6	11:29	11.5	4:40	-1.0	5:15	-2.1	6:23	4:16	
9	Thu	11:42	12.7			5:30	-0.9	6:08	-2.1	6:24	4:15	
10	Fri	12:23	11.3	12:34	12.6	6:22	-0.6	7:03	-1.9	6:26	4:14	
11	Sat	1:20	11.0	1:30	12.2	7:17	-0.2	7:59	-1.6	6:27	4:13	
12	Sun	2:20	10.6	2:31	11.7	8:15	0.2	8:59	-1.1	6:28	4:12	
13	Mon	3:23	10.3	3:36	11.1	9:18	0.6	10:01	-0.6	6:30	4:11	
14	Tue	4:28	10.1	4:43	10.7	10:24	0.9	11:05	-0.2	6:31	4:10	
15	Wed	5:31	10.0	5:48	10.3	11:30	1.0			6:32	4:09	
16	Thu	6:30	10.1	6:49	10.2	12:06	0.1	12:34	0.9	6:34	4:08	
17	Fri	7:25	10.2	7:46	10.0	1:03	0.2	1:32	0.8	6:35	4:07	
18	Sat	8:14	10.3	8:37	10.0	1:55	0.4	2:24	0.6	6:36	4:06	
19	Sun	9:00	10.5	9:24	9.9	2:41	0.5	3:11	0.4	6:37	4:05	
20	Mon	9:41	10.5	10:08	9.7	3:23	0.7	3:53	0.3	6:39	4:05	
21	Tue	10:19	10.5	10:48	9.6	4:02	0.9	4:32	0.2	6:40	4:04	
22	Wed	10:53	10.4	11:25	9.4	4:38	1.1	5:09	0.2	6:41	4:03	
23	Thu	11:24	10.3			5:12	1.3	5:44	0.3	6:42	4:03	
24	Fri	12:00	9.3	11:53 AM	10.2	5:47	1.5	6:20	0.3	6:44	4:02	
25	Sat	12:33	9.1	12:25	10.1	6:22	1.6	6:57	0.4	6:45	4:01	
26	Sun	1:07	9.0	1:02	10.0	7:00	1.8	7:37	0.5	6:46	4:01	
27	Mon	1:45	8.9	1:43	9.9	7:42	1.9	8:20	0.6	6:47	4:00	
28	Tue	2:29	8.9	2:31	9.8	8:29	2.0	9:08	0.7	6:48	4:00	
29	Wed	3:18	8.9	3:23	9.7	9:21	1.9	9:59	0.7	6:50	3:59	
30	Thu	4:12	9.1	4:21	9.7	10:19	1.7	10:54	0.6	6:51	3:59	