US HARBORS www.USHarbors.com

Rockland, ME - Dec 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:09	9.5	5:23	9.8	11:20	1.3	11:50	0.4	6:52	3:59	
2	Sat	6:06	10.0	6:27	10.1			12:21	0.8	6:53	3:58	
3	Sun	7:02	10.7	7:29	10.4	12:45	0.1	1:21	0.1	6:54	3:58	
4	Mon	7:57	11.4	8:29	10.7	1:40	-0.2	2:18	-0.7	6:55	3:58	
5	Tue	8:50	12.0	9:26	11.0	2:34	-0.4	3:13	-1.4	6:56	3:58	
6	Wed	9:42	12.5	10:22	11.2	3:26	-0.6	4:07	-1.9	6:57	3:58	
7	Thu	10:34	12.8	11:17	11.2	4:19	-0.7	5:01	-2.1	6:58	3:58	
8	Fri	11:26	12.8			5:12	-0.7	5:54	-2.2	6:59	3:57	
9	Sat	12:11	11.1	12:20	12.6	6:05	-0.5	6:48	-2.0	7:00	3:57	
10	Sun	1:07	10.9	1:15	12.2	7:00	-0.2	7:42	-1.6	7:01	3:58	
11	Mon	2:04	10.7	2:13	11.6	7:57	0.2	8:38	-1.1	7:01	3:58	
12	Tue	3:02	10.4	3:13	11.0	8:56	0.6	9:35	-0.5	7:02	3:58	
13	Wed	4:01	10.1	4:15	10.4	9:58	0.9	10:33	0.0	7:03	3:58	
14	Thu	5:00	10.0	5:17	10.0	11:01	1.1	11:30	0.4	7:04	3:58	
15	Fri	5:57	10.0	6:17	9.6			12:03	1.1	7:04	3:58	
16	Sat	6:50	10.0	7:14	9.4	12:25	0.7	1:01	1.0	7:05	3:59	
17	Sun	7:40	10.1	8:07	9.3	1:17	0.9	1:54	0.9	7:06	3:59	
18	Mon	8:27	10.2	8:55	9.3	2:05	1.1	2:42	0.7	7:06	3:59	
19	Tue	9:10	10.3	9:41	9.3	2:49	1.2	3:26	0.5	7:07	4:00	
20	Wed	9:49	10.3	10:23	9.3	3:30	1.3	4:06	0.4	7:08	4:00	
21	Thu	10:26	10.4	11:02	9.2	4:09	1.4	4:45	0.3	7:08	4:01	
22	Fri	10:59	10.4	11:38	9.2	4:46	1.4	5:21	0.2	7:08	4:01	
23	Sat	11:30	10.4			5:22	1.5	5:58	0.2	7:09	4:02	
24	Sun	12:11	9.2	12:03	10.4	5:58	1.5	6:35	0.2	7:09	4:02	
25	Mon	12:44	9.2	12:39	10.3	6:37	1.5	7:13	0.2	7:10	4:03	
26	Tue	1:21	9.2	1:20	10.3	7:18	1.5	7:54	0.2	7:10	4:04	
27	Wed	2:02	9.3	2:06	10.2	8:04	1.5	8:39	0.2	7:10	4:05	
28	Thu	2:48	9.5	2:57	10.1	8:55	1.4	9:27	0.3	7:10	4:05	
29	Fri	3:39	9.7	3:53	10.0	9:51	1.2	10:20	0.3	7:11	4:06	
30	Sat	4:35	10.1	4:55	9.9	10:52	0.9	11:16	0.3	7:11	4:07	
31	Sun	5:33	10.5	6:01	9.9	11:55	0.4			7:11	4:08	