US HARBORS www.USHarbors.com

Rockland, ME - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:32	10.9	7:08	10.0	12:14	0.3	12:58	-0.1	7:11	4:09	
2	Tue	7:32	11.4	8:13	10.2	1:13	0.2	1:59	-0.7	7:11	4:10	
3	Wed	8:30	11.9	9:14	10.5	2:11	0.0	2:58	-1.2	7:11	4:11	
4	Thu	9:26	12.3	10:11	10.7	3:08	-0.1	3:54	-1.6	7:11	4:11	
5	Fri	10:21	12.5	11:06	10.8	4:04	-0.3	4:49	-1.8	7:11	4:13	
6	Sat	11:15	12.5	11:59	10.9	4:58	-0.3	5:41	-1.8	7:10	4:14	
7	Sun			12:08	12.3	5:51	-0.2	6:33	-1.6	7:10	4:15	
8	Mon	12:52	10.8	1:01	11.9	6:44	0.0	7:24	-1.3	7:10	4:16	
9	Tue	1:44	10.6	1:54	11.4	7:38	0.2	8:15	-0.8	7:10	4:17	
10	Wed	2:36	10.3	2:48	10.8	8:32	0.6	9:05	-0.2	7:09	4:18	
11	Thu	3:29	10.1	3:43	10.1	9:28	0.9	9:57	0.3	7:09	4:19	
12	Fri	4:22	9.9	4:41	9.6	10:25	1.2	10:49	0.8	7:09	4:20	
13	Sat	5:16	9.8	5:39	9.1	11:24	1.3	11:41	1.2	7:08	4:21	
14	Sun	6:08	9.7	6:37	8.9			12:21	1.3	7:08	4:23	
15	Mon	7:00	9.7	7:32	8.8	12:34	1.5	1:16	1.2	7:07	4:24	
16	Tue	7:49	9.9	8:23	8.8	1:24	1.6	2:07	1.0	7:06	4:25	
17	Wed	8:35	10.0	9:11	8.9	2:12	1.7	2:55	0.7	7:06	4:26	
18	Thu	9:17	10.2	9:55	9.0	2:57	1.6	3:38	0.5	7:05	4:28	
19	Fri	9:57	10.3	10:35	9.1	3:39	1.5	4:19	0.3	7:05	4:29	
20	Sat	10:33	10.5	11:12	9.2	4:19	1.4	4:57	0.1	7:04	4:30	
21	Sun	11:07	10.6	11:46	9.4	4:57	1.3	5:34	0.0	7:03	4:32	
22	Mon	11:42	10.7			5:35	1.1	6:11	-0.1	7:02	4:33	
23	Tue	12:20	9.5	12:19	10.8	6:14	1.0	6:48	-0.2	7:01	4:34	
24	Wed	12:56	9.7	1:00	10.8	6:56	0.9	7:29	-0.2	7:01	4:36	
25	Thu	1:36	9.9	1:46	10.6	7:42	0.8	8:12	-0.1	7:00	4:37	
26	Fri	2:21	10.1	2:36	10.4	8:32	0.6	8:59	0.1	6:59	4:38	
27	Sat	3:10	10.3	3:31	10.1	9:28	0.5	9:51	0.3	6:58	4:40	
28	Sun	4:05	10.5	4:34	9.9	10:28	0.4	10:49	0.4	6:57	4:41	
29	Mon	5:05	10.7	5:43	9.7	11:34	0.2	11:50	0.6	6:56	4:42	
30	Tue	6:10	11.0	6:55	9.7			12:40	-0.1	6:55	4:44	
31	Wed	7:15	11.3	8:03	9.9	12:54	0.5	1:45	-0.5	6:54	4:45	