US HARBORS www.USHarbors.com

Rockland, ME - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**7:06**	11.1	**7:54**	9.8	**12:42**	0.8	**1:33**	-0.4	6:11	5:25	
2	Fri	**8:10**	11.3	**8:54**	10.2	**1:48**	0.6	**2:35**	-0.7	6:10	5:26	
3	Sat	**9:09**	11.6	**9:48**	10.5	**2:48**	0.3	**3:30**	-0.9	6:08	5:27	
4	Sun	**10:03**	11.7	**10:37**	10.7	**3:44**	0.0	**4:21**	-1.0	6:06	5:29	
5	Mon	**10:52**	11.7	**11:24**	10.8	**4:35**	-0.1	**5:07**	-0.9	6:05	5:30	
6	Tue	**11:39**	11.4			**5:22**	-0.2	**5:51**	-0.7	6:03	5:31	
7	Wed	**12:07**	10.8	**12:23**	11.1	**6:07**	-0.1	**6:32**	-0.3	6:01	5:32	
8	Thu	**12:48**	10.6	**1:05**	10.6	**6:50**	0.1	**7:11**	0.2	5:59	5:34	
9	Fri	**1:27**	10.4	**1:47**	10.1	**7:33**	0.3	**7:51**	0.7	5:57	5:35	
10	Sat	**2:05**	10.1	**2:29**	9.5	**8:16**	0.7	**8:31**	1.2	5:56	5:36	
11	Sun	**3:44**	9.7	**4:15**	9.0	**10:02**	1.0	**10:15**	1.6	6:54	6:38	
12	Mon	**4:27**	9.5	**5:07**	8.6	**10:51**	1.3	**11:04**	2.0	6:52	6:39	
13	Tue	**5:17**	9.2	**6:05**	8.4	**11:46**	1.4	**11:58**	2.2	6:50	6:40	
14	Wed	**6:14**	9.1	**7:07**	8.3			**12:44**	1.5	6:48	6:41	
15	Thu	**7:15**	9.2	**8:06**	8.4	**12:55**	2.3	**1:42**	1.4	6:47	6:43	
16	Fri	**8:12**	9.4	**8:58**	8.7	**1:52**	2.1	**2:36**	1.1	6:45	6:44	
17	Sat	**9:04**	9.8	**9:44**	9.1	**2:46**	1.8	**3:25**	0.8	6:43	6:45	
18	Sun	**9:50**	10.2	**10:26**	9.5	**3:34**	1.4	**4:10**	0.4	6:41	6:46	
19	Mon	**10:33**	10.6	**11:04**	10.0	**4:20**	0.9	**4:51**	0.0	6:39	6:48	
20	Tue	**11:14**	10.9	**11:41**	10.5	**5:03**	0.4	**5:31**	-0.3	6:38	6:49	
21	Wed	**11:56**	11.2			**5:46**	-0.1	**6:12**	-0.5	6:36	6:50	
22	Thu	**12:20**	11.0	**12:39**	11.3	**6:30**	-0.5	**6:53**	-0.6	6:34	6:51	
23	Fri	**1:01**	11.3	**1:25**	11.2	**7:16**	-0.8	**7:37**	-0.5	6:32	6:52	
24	Sat	**1:45**	11.5	**2:14**	11.0	**8:05**	-1.0	**8:24**	-0.3	6:30	6:54	
25	Sun	**2:33**	11.6	**3:08**	10.6	**8:58**	-0.9	**9:15**	0.0	6:28	6:55	
26	Mon	**3:26**	11.4	**4:08**	10.2	**9:55**	-0.7	**10:12**	0.4	6:27	6:56	
27	Tue	**4:25**	11.2	**5:16**	9.8	**10:58**	-0.5	**11:15**	0.8	6:25	6:57	
28	Wed	**5:33**	10.9	**6:29**	9.7			**12:05**	-0.3	6:23	6:59	
29	Thu	**6:46**	10.8	**7:38**	9.7	**12:24**	1.0	**1:14**	-0.2	6:21	7:00	
30	Fri	**7:56**	10.9	**8:42**	10.0	**1:34**	0.9	**2:19**	-0.3	6:19	7:01	
31	Sat	**8:59**	11.0	**9:38**	10.3	**2:39**	0.7	**3:19**	-0.4	6:17	7:02	