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# Rockland, ME - May 2057

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 10:28 | 10.5 | 10:51 | 10.8 | 4:14 | 0.1 | 4:34 | 0.1 | 5:26 | 7:40 | |
| 2 | Wed | 11:15 | 10.3 | 11:32 | 10.7 | 5:01 | 0.0 | 5:16 | 0.3 | 5:25 | 7:41 | |
| 3 | Thu | 11:58 | 10.1 | | | 5:43 | 0.0 | 5:54 | 0.6 | 5:23 | 7:42 | |
| 4 | Fri | 12:10 | 10.6 | 12:38 | 9.8 | 6:22 | 0.0 | 6:30 | 0.9 | 5:22 | 7:43 | |
| 5 | Sat | 12:44 | 10.4 | 1:16 | 9.5 | 6:59 | 0.1 | 7:06 | 1.3 | 5:21 | 7:45 | |
| 6 | Sun | 1:15 | 10.2 | 1:52 | 9.3 | 7:36 | 0.3 | 7:41 | 1.5 | 5:19 | 7:46 | |
| 7 | Mon | 1:47 | 10.0 | 2:28 | 9.0 | 8:14 | 0.5 | 8:19 | 1.8 | 5:18 | 7:47 | |
| 8 | Tue | 2:21 | 9.8 | 3:06 | 8.8 | 8:54 | 0.7 | 9:00 | 2.0 | 5:17 | 7:48 | |
| 9 | Wed | 3:01 | 9.6 | 3:50 | 8.6 | 9:38 | 0.9 | 9:45 | 2.2 | 5:15 | 7:49 | |
| 10 | Thu | 3:47 | 9.5 | 4:38 | 8.5 | 10:26 | 1.0 | 10:36 | 2.3 | 5:14 | 7:50 | |
| 11 | Fri | 4:38 | 9.3 | 5:32 | 8.6 | 11:17 | 1.1 | 11:32 | 2.2 | 5:13 | 7:52 | |
| 12 | Sat | 5:34 | 9.3 | 6:27 | 8.8 | | | 12:10 | 1.0 | 5:12 | 7:53 | |
| 13 | Sun | 6:33 | 9.4 | 7:21 | 9.3 | 12:30 | 1.9 | 1:04 | 0.8 | 5:11 | 7:54 | |
| 14 | Mon | 7:32 | 9.7 | 8:12 | 9.8 | 1:27 | 1.5 | 1:56 | 0.6 | 5:10 | 7:55 | |
| 15 | Tue | 8:30 | 10.0 | 9:01 | 10.5 | 2:22 | 0.9 | 2:46 | 0.3 | 5:09 | 7:56 | |
| 16 | Wed | 9:24 | 10.4 | 9:48 | 11.1 | 3:16 | 0.1 | 3:35 | -0.1 | 5:08 | 7:57 | |
| 17 | Thu | 10:17 | 10.7 | 10:35 | 11.8 | 4:07 | -0.6 | 4:23 | -0.3 | 5:07 | 7:58 | |
| 18 | Fri | 11:10 | 11.0 | 11:23 | 12.2 | 4:58 | -1.2 | 5:12 | -0.5 | 5:06 | 7:59 | |
| 19 | Sat | | | 12:02 | 11.1 | 5:50 | -1.7 | 6:02 | -0.5 | 5:05 | 8:00 | |
| 20 | Sun | 12:13 | 12.5 | 12:56 | 11.1 | 6:42 | -1.9 | 6:54 | -0.4 | 5:04 | 8:01 | |
| 21 | Mon | 1:05 | 12.5 | 1:52 | 10.9 | 7:35 | -1.9 | 7:48 | -0.2 | 5:03 | 8:02 | |
| 22 | Tue | 2:00 | 12.3 | 2:50 | 10.7 | 8:31 | -1.7 | 8:45 | 0.1 | 5:02 | 8:03 | |
| 23 | Wed | 2:59 | 11.9 | 3:52 | 10.4 | 9:30 | -1.4 | 9:46 | 0.4 | 5:01 | 8:04 | |
| 24 | Thu | 4:02 | 11.5 | 4:55 | 10.3 | 10:30 | -0.9 | 10:51 | 0.7 | 5:00 | 8:05 | |
| 25 | Fri | 5:08 | 11.0 | 5:59 | 10.2 | 11:32 | -0.5 | 11:57 | 0.8 | 5:00 | 8:06 | |
| 26 | Sat | 6:15 | 10.6 | 6:59 | 10.3 | | | 12:34 | -0.2 | 4:59 | 8:07 | |
| 27 | Sun | 7:19 | 10.3 | 7:56 | 10.4 | 1:03 | 0.8 | 1:33 | 0.0 | 4:58 | 8:08 | |
| 28 | Mon | 8:18 | 10.1 | 8:49 | 10.5 | 2:04 | 0.7 | 2:27 | 0.3 | 4:58 | 8:09 | |
| 29 | Tue | 9:13 | 10.0 | 9:38 | 10.6 | 3:01 | 0.5 | 3:18 | 0.5 | 4:57 | 8:10 | |
| 30 | Wed | 10:04 | 9.8 | 10:22 | 10.6 | 3:51 | 0.3 | 4:03 | 0.7 | 4:56 | 8:11 | |
| 31 | Thu | 10:51 | 9.7 | 11:03 | 10.6 | 4:37 | 0.2 | 4:45 | 0.9 | 4:56 | 8:12 | |