US HARBORS www.USHarbors.com

Rockland, ME - Jun 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:34	9.5	11:41	10.5	5:19	0.2	5:24	1.2	4:55	8:13	
2	Sat			12:15	9.4	5:58	0.2	6:01	1.4	4:55	8:13	
3	Sun	12:15	10.3	12:53	9.2	6:36	0.2	6:37	1.6	4:54	8:14	
4	Mon	12:47	10.2	1:29	9.0	7:12	0.3	7:13	1.7	4:54	8:15	
5	Tue	1:19	10.1	2:04	8.9	7:49	0.4	7:51	1.9	4:54	8:16	
6	Wed	1:53	10.0	2:40	8.8	8:28	0.6	8:31	2.0	4:53	8:16	
7	Thu	2:32	9.9	3:19	8.8	9:09	0.6	9:15	2.0	4:53	8:17	
8	Fri	3:16	9.7	4:03	8.8	9:53	0.7	10:03	2.0	4:53	8:18	
9	Sat	4:04	9.7	4:52	9.0	10:40	0.7	10:56	1.9	4:53	8:18	
10	Sun	4:57	9.6	5:43	9.3	11:29	0.7	11:53	1.6	4:52	8:19	
11	Mon	5:54	9.6	6:36	9.7			12:21	0.6	4:52	8:19	
12	Tue	6:54	9.7	7:30	10.3	12:52	1.1	1:15	0.5	4:52	8:20	
13	Wed	7:55	9.9	8:24	10.9	1:50	0.5	2:08	0.3	4:52	8:20	
14	Thu	8:56	10.2	9:17	11.5	2:47	-0.2	3:02	0.1	4:52	8:21	
15	Fri	9:55	10.5	10:10	12.1	3:43	-0.8	3:55	-0.1	4:52	8:21	
16	Sat	10:52	10.7	11:03	12.4	4:38	-1.4	4:49	-0.3	4:52	8:22	
17	Sun	11:48	10.9	11:57	12.7	5:33	-1.8	5:43	-0.4	4:52	8:22	
18	Mon			12:43	10.9	6:27	-2.0	6:37	-0.4	4:52	8:22	
19	Tue	12:52	12.6	1:40	10.9	7:22	-2.0	7:33	-0.2	4:53	8:23	
20	Wed	1:48	12.4	2:36	10.8	8:17	-1.8	8:30	0.0	4:53	8:23	
21	Thu	2:46	12.0	3:34	10.6	9:12	-1.4	9:29	0.3	4:53	8:23	
22	Fri	3:46	11.4	4:33	10.5	10:09	-0.9	10:31	0.5	4:53	8:23	
23	Sat	4:47	10.9	5:32	10.4	11:06	-0.4	11:33	0.7	4:54	8:23	
24	Sun	5:50	10.4	6:29	10.3			12:03	0.0	4:54	8:23	
25	Mon	6:51	9.9	7:24	10.3	12:36	0.8	12:59	0.4	4:54	8:23	
26	Tue	7:49	9.6	8:16	10.3	1:36	0.8	1:53	0.8	4:55	8:23	
27	Wed	8:45	9.4	9:05	10.3	2:32	0.7	2:43	1.0	4:55	8:23	
28	Thu	9:36	9.3	9:51	10.4	3:23	0.6	3:31	1.2	4:56	8:23	
29	Fri	10:24	9.2	10:34	10.4	4:10	0.5	4:14	1.4	4:56	8:23	
30	Sat	11:09	9.2	11:13	10.3	4:53	0.4	4:55	1.5	4:57	8:23	