US HARBORS www.USHarbors.com

Rockland, ME - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:51	9.1	11:50	10.3	5:34	0.3	5:34	1.5	4:57	8:23	
2	Mon			12:29	9.1	6:12	0.3	6:11	1.6	4:58	8:23	
3	Tue	12:23	10.3	1:05	9.0	6:49	0.3	6:48	1.6	4:58	8:23	
4	Wed	12:56	10.2	1:39	9.0	7:25	0.3	7:25	1.6	4:59	8:22	
5	Thu	1:30	10.2	2:12	9.1	8:02	0.4	8:05	1.6	5:00	8:22	
6	Fri	2:07	10.1	2:49	9.2	8:40	0.4	8:47	1.6	5:00	8:22	
7	Sat	2:49	10.1	3:30	9.3	9:21	0.4	9:34	1.5	5:01	8:21	
8	Sun	3:36	10.0	4:15	9.5	10:05	0.5	10:26	1.3	5:02	8:21	
9	Mon	4:27	9.9	5:05	9.8	10:53	0.5	11:22	1.1	5:02	8:20	
10	Tue	5:23	9.8	5:59	10.2	11:45	0.5			5:03	8:20	
11	Wed	6:25	9.7	6:56	10.6	12:22	0.7	12:40	0.5	5:04	8:19	
12	Thu	7:30	9.8	7:55	11.1	1:23	0.2	1:38	0.4	5:05	8:19	
13	Fri	8:35	10.0	8:54	11.6	2:25	-0.3	2:37	0.3	5:06	8:18	
14	Sat	9:39	10.2	9:52	12.1	3:25	-0.9	3:35	0.1	5:07	8:17	
15	Sun	10:38	10.5	10:49	12.4	4:23	-1.4	4:32	-0.1	5:08	8:17	
16	Mon	11:35	10.7	11:45	12.6	5:19	-1.7	5:28	-0.3	5:08	8:16	
17	Tue			12:30	10.9	6:13	-1.9	6:23	-0.4	5:09	8:15	
18	Wed	12:40	12.5	1:24	10.9	7:06	-1.8	7:18	-0.3	5:10	8:14	
19	Thu	1:35	12.3	2:17	10.9	7:58	-1.6	8:13	-0.2	5:11	8:13	
20	Fri	2:29	11.8	3:10	10.7	8:50	-1.2	9:08	0.1	5:12	8:13	
21	Sat	3:24	11.2	4:04	10.6	9:42	-0.7	10:05	0.4	5:13	8:12	
22	Sun	4:21	10.6	4:58	10.3	10:34	-0.1	11:03	0.7	5:14	8:11	
23	Mon	5:19	10.0	5:52	10.1	11:27	0.5			5:15	8:10	
24	Tue	6:18	9.5	6:46	10.0	12:01	0.9	12:20	1.0	5:16	8:09	
25	Wed	7:16	9.1	7:39	9.9	1:00	1.0	1:14	1.3	5:17	8:08	
26	Thu	8:13	8.9	8:30	9.9	1:57	1.0	2:06	1.5	5:18	8:07	
27	Fri	9:06	8.9	9:19	10.0	2:50	0.9	2:56	1.6	5:19	8:06	
28	Sat	9:55	8.9	10:04	10.1	3:39	0.8	3:43	1.6	5:20	8:05	
29	Sun	10:41	9.0	10:46	10.2	4:24	0.6	4:27	1.6	5:22	8:03	
30	Mon	11:23	9.1	11:24	10.3	5:06	0.5	5:07	1.5	5:23	8:02	
31	Tue			12:01	9.2	5:45	0.3	5:46	1.4	5:24	8:01	