US HARBORS www.USHarbors.com

Rockland, ME - Aug 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:36	9.3	6:22	0.2	6:23	1.3	5:25	8:00	
2	Thu	12:32	10.5	1:08	9.4	6:57	0.2	7:01	1.2	5:26	7:59	
3	Fri	1:07	10.5	1:41	9.5	7:33	0.1	7:40	1.0	5:27	7:57	
4	Sat	1:44	10.5	2:17	9.7	8:10	0.1	8:22	0.9	5:28	7:56	
5	Sun	2:26	10.4	2:58	9.9	8:50	0.2	9:09	0.8	5:29	7:55	
6	Mon	3:12	10.2	3:43	10.2	9:34	0.3	10:00	0.7	5:30	7:53	
7	Tue	4:03	10.0	4:33	10.3	10:22	0.4	10:57	0.5	5:31	7:52	
8	Wed	5:01	9.8	5:29	10.6	11:16	0.6	11:58	0.3	5:33	7:51	
9	Thu	6:05	9.6	6:31	10.8			12:15	0.7	5:34	7:49	
10	Fri	7:14	9.6	7:35	11.1	1:03	0.0	1:17	0.7	5:35	7:48	
11	Sat	8:24	9.8	8:40	11.5	2:08	-0.4	2:20	0.5	5:36	7:46	
12	Sun	9:28	10.1	9:42	11.9	3:11	-0.8	3:22	0.2	5:37	7:45	
13	Mon	10:28	10.4	10:40	12.2	4:10	-1.2	4:21	-0.1	5:38	7:43	
14	Tue	11:22	10.8	11:35	12.3	5:05	-1.5	5:16	-0.3	5:39	7:42	
15	Wed			12:14	11.0	5:57	-1.6	6:10	-0.5	5:41	7:40	
16	Thu	12:28	12.2	1:04	11.0	6:47	-1.5	7:02	-0.5	5:42	7:39	
17	Fri	1:19	11.9	1:53	11.0	7:35	-1.2	7:52	-0.3	5:43	7:37	
18	Sat	2:09	11.4	2:40	10.8	8:22	-0.7	8:43	0.0	5:44	7:35	
19	Sun	2:59	10.8	3:28	10.5	9:09	-0.1	9:34	0.3	5:45	7:34	
20	Mon	3:50	10.2	4:17	10.2	9:56	0.5	10:26	0.7	5:46	7:32	
21	Tue	4:43	9.6	5:08	9.9	10:45	1.0	11:21	1.0	5:47	7:30	
22	Wed	5:40	9.1	6:01	9.6	11:37	1.5			5:49	7:29	
23	Thu	6:39	8.7	6:57	9.5	12:19	1.2	12:32	1.8	5:50	7:27	
24	Fri	7:37	8.6	7:52	9.5	1:16	1.3	1:27	2.0	5:51	7:25	
25	Sat	8:32	8.6	8:44	9.7	2:12	1.2	2:21	2.0	5:52	7:24	
26	Sun	9:23	8.8	9:32	9.9	3:04	1.0	3:11	1.8	5:53	7:22	
27	Mon	10:09	9.0	10:15	10.1	3:51	0.8	3:56	1.6	5:54	7:20	
28	Tue	10:50	9.2	10:55	10.3	4:34	0.5	4:38	1.3	5:55	7:19	
29	Wed	11:28	9.5	11:31	10.5	5:13	0.3	5:18	1.0	5:57	7:17	
30	Thu			12:02	9.7	5:50	0.1	5:57	0.7	5:58	7:15	
31	Fri	12:06	10.7	12:34	10.0	6:25	0.0	6:35	0.5	5:59	7:13	