US HARBORS www.USHarbors.com

Rockland, ME - Jan 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:59	10.6	4:17	10.6	10:01	0.4	10:32	-0.2	7:11	4:08	
2	Wed	4:58	10.5	5:21	10.1	11:05	0.6	11:29	0.3	7:11	4:09	
3	Thu	5:55	10.5	6:23	9.7			12:08	0.6	7:11	4:10	
4	Fri	6:51	10.5	7:22	9.4	12:26	0.7	1:08	0.6	7:11	4:11	
5	Sat	7:43	10.5	8:17	9.3	1:20	1.0	2:04	0.5	7:11	4:12	
6	Sun	8:32	10.5	9:07	9.2	2:11	1.2	2:54	0.4	7:10	4:13	
7	Mon	9:18	10.5	9:54	9.2	2:59	1.3	3:40	0.3	7:10	4:14	
8	Tue	10:00	10.5	10:37	9.1	3:42	1.4	4:22	0.3	7:10	4:15	
9	Wed	10:39	10.4	11:17	9.1	4:22	1.5	5:01	0.3	7:10	4:17	
10	Thu	11:15	10.4	11:54	9.1	5:00	1.5	5:37	0.3	7:09	4:18	
11	Fri	11:47	10.3			5:36	1.6	6:13	0.3	7:09	4:19	
12	Sat	12:27	9.0	12:19	10.2	6:12	1.6	6:48	0.4	7:09	4:20	
13	Sun	12:59	9.0	12:53	10.1	6:49	1.6	7:24	0.5	7:08	4:21	
14	Mon	1:32	9.1	1:31	10.0	7:29	1.6	8:01	0.6	7:08	4:22	
15	Tue	2:08	9.2	2:14	9.8	8:12	1.6	8:42	0.7	7:07	4:24	
16	Wed	2:50	9.3	3:01	9.6	9:00	1.5	9:26	0.8	7:07	4:25	
17	Thu	3:36	9.5	3:54	9.4	9:53	1.3	10:15	0.9	7:06	4:26	
18	Fri	4:27	9.8	4:53	9.3	10:51	1.1	11:09	1.0	7:05	4:27	
19	Sat	5:23	10.1	5:57	9.3	11:52	0.7			7:05	4:29	
20	Sun	6:22	10.6	7:04	9.4	12:06	1.0	12:55	0.2	7:04	4:30	
21	Mon	7:22	11.1	8:10	9.7	1:06	0.8	1:56	-0.4	7:03	4:31	
22	Tue	8:23	11.6	9:11	10.1	2:06	0.5	2:56	-1.0	7:02	4:33	
23	Wed	9:21	12.1	10:08	10.5	3:04	0.2	3:52	-1.5	7:02	4:34	
24	Thu	10:17	12.5	11:03	10.9	4:01	-0.2	4:46	-1.8	7:01	4:35	
25	Fri	11:12	12.7	11:55	11.1	4:56	-0.4	5:39	-2.0	7:00	4:37	
26	Sat			12:06	12.6	5:50	-0.6	6:30	-1.9	6:59	4:38	
27	Sun	12:48	11.2	1:00	12.2	6:45	-0.6	7:21	-1.6	6:58	4:39	
28	Mon	1:40	11.1	1:55	11.7	7:39	-0.4	8:12	-1.1	6:57	4:41	
29	Tue	2:32	11.0	2:51	11.0	8:36	-0.1	9:04	-0.5	6:56	4:42	
30	Wed	3:26	10.7	3:49	10.3	9:33	0.2	9:57	0.2	6:55	4:43	
31	Thu	4:22	10.5	4:50	9.7	10:33	0.6	10:52	0.8	6:54	4:45	