US HARBORS www.USHarbors.com

Rockland, ME - Jan 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:31	9.1	12:26	10.3	6:13	1.6	6:52	0.3	7:11	4:08	
2	Thu	1:09	9.0	1:02	10.1	6:52	1.7	7:30	0.5	7:11	4:09	
3	Fri	1:46	8.9	1:38	9.8	7:32	1.8	8:08	0.8	7:11	4:10	
4	Sat	2:23	8.8	2:18	9.5	8:15	1.9	8:49	1.0	7:11	4:11	
5	Sun	3:02	8.8	3:03	9.2	9:02	2.0	9:31	1.2	7:11	4:12	
6	Mon	3:44	8.9	3:52	9.0	9:52	2.0	10:16	1.4	7:10	4:13	
7	Tue	4:30	9.1	4:46	8.8	10:46	1.8	11:05	1.5	7:10	4:14	
8	Wed	5:19	9.3	5:45	8.7	11:43	1.6	11:55	1.6	7:10	4:15	
9	Thu	6:11	9.6	6:45	8.8			12:39	1.2	7:10	4:16	
10	Fri	7:03	10.1	7:45	9.0	12:48	1.5	1:35	0.7	7:09	4:17	
11	Sat	7:55	10.6	8:40	9.3	1:41	1.3	2:29	0.1	7:09	4:19	
12	Sun	8:47	11.1	9:34	9.7	2:33	1.0	3:21	-0.5	7:09	4:20	
13	Mon	9:38	11.6	10:25	10.1	3:25	0.7	4:12	-1.0	7:08	4:21	
14	Tue	10:30	12.1	11:16	10.4	4:17	0.3	5:02	-1.5	7:08	4:22	
15	Wed	11:22	12.4			5:09	0.0	5:53	-1.7	7:07	4:23	
16	Thu	12:07	10.7	12:15	12.4	6:02	-0.2	6:44	-1.7	7:07	4:25	
17	Fri	12:59	10.9	1:09	12.2	6:56	-0.3	7:35	-1.6	7:06	4:26	
18	Sat	1:52	11.0	2:06	11.8	7:53	-0.3	8:28	-1.2	7:06	4:27	
19	Sun	2:47	11.1	3:06	11.2	8:52	-0.2	9:23	-0.7	7:05	4:28	
20	Mon	3:45	11.0	4:09	10.6	9:55	0.0	10:20	-0.2	7:04	4:30	
21	Tue	4:45	10.9	5:15	10.0	10:59	0.1	11:19	0.3	7:03	4:31	
22	Wed	5:45	10.8	6:21	9.6			12:04	0.2	7:03	4:32	
23	Thu	6:45	10.8	7:24	9.4	12:19	0.8	1:08	0.2	7:02	4:34	
24	Fri	7:42	10.7	8:22	9.3	1:18	1.1	2:07	0.2	7:01	4:35	
25	Sat	8:36	10.7	9:15	9.3	2:15	1.2	3:01	0.1	7:00	4:36	
26	Sun	9:26	10.7	10:04	9.3	3:06	1.3	3:50	0.1	6:59	4:38	
27	Mon	10:11	10.6	10:48	9.3	3:53	1.3	4:34	0.1	6:58	4:39	
28	Tue	10:53	10.6	11:29	9.2	4:35	1.4	5:14	0.2	6:57	4:40	
29	Wed	11:30	10.5			5:14	1.4	5:50	0.3	6:56	4:42	
30	Thu	12:06	9.2	12:05	10.3	5:51	1.4	6:25	0.4	6:55	4:43	
31	Fri	12:39	9.2	12:36	10.1	6:27	1.4	6:58	0.5	6:54	4:44	