US HARBORS www.USHarbors.com

Rockland, ME - Jul 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:46	11.2	4:34	10.5	10:14	-0.8	10:38	0.3	4:57	8:23	
2	Wed	4:49	10.8	5:33	10.7	11:10	-0.5	11:43	0.3	4:57	8:23	
3	Thu	5:56	10.5	6:34	10.9			12:08	-0.2	4:58	8:23	
4	Fri	7:03	10.2	7:33	11.1	12:48	0.1	1:07	0.1	4:59	8:22	
5	Sat	8:08	10.0	8:31	11.3	1:52	-0.1	2:06	0.4	4:59	8:22	
6	Sun	9:09	9.9	9:25	11.3	2:53	-0.3	3:03	0.6	5:00	8:22	
7	Mon	10:05	9.8	10:17	11.3	3:50	-0.5	3:57	0.7	5:01	8:21	
8	Tue	10:58	9.7	11:07	11.2	4:42	-0.5	4:47	0.9	5:01	8:21	
9	Wed	11:47	9.6	11:53	11.1	5:31	-0.5	5:35	1.0	5:02	8:20	
10	Thu			12:34	9.5	6:17	-0.3	6:19	1.2	5:03	8:20	
11	Fri	12:36	10.9	1:17	9.4	7:00	-0.2	7:01	1.3	5:04	8:19	
12	Sat	1:17	10.6	1:58	9.2	7:40	0.1	7:42	1.5	5:05	8:19	
13	Sun	1:55	10.3	2:37	9.1	8:19	0.3	8:23	1.6	5:05	8:18	
14	Mon	2:33	10.0	3:15	9.0	8:58	0.6	9:05	1.7	5:06	8:18	
15	Tue	3:12	9.7	3:53	9.0	9:37	0.9	9:50	1.8	5:07	8:17	
16	Wed	3:54	9.3	4:33	9.0	10:18	1.1	10:39	1.8	5:08	8:16	
17	Thu	4:40	9.0	5:16	9.1	11:01	1.4	11:30	1.8	5:09	8:16	
18	Fri	5:32	8.8	6:02	9.2	11:47	1.6			5:10	8:15	
19	Sat	6:27	8.6	6:51	9.5	12:24	1.6	12:36	1.7	5:11	8:14	
20	Sun	7:26	8.6	7:42	9.8	1:19	1.4	1:27	1.7	5:12	8:13	
21	Mon	8:24	8.7	8:34	10.2	2:14	1.0	2:19	1.6	5:13	8:12	
22	Tue	9:19	8.9	9:25	10.6	3:08	0.5	3:11	1.4	5:14	8:11	
23	Wed	10:12	9.3	10:16	11.1	3:59	0.0	4:02	1.1	5:15	8:10	
24	Thu	11:02	9.7	11:06	11.6	4:49	-0.5	4:53	0.7	5:16	8:09	
25	Fri	11:51	10.0	11:57	11.9	5:39	-0.9	5:44	0.3	5:17	8:08	
26	Sat			12:40	10.4	6:28	-1.3	6:35	0.0	5:18	8:07	
27	Sun	12:48	12.1	1:30	10.7	7:17	-1.4	7:28	-0.2	5:19	8:06	
28	Mon	1:40	12.1	2:21	11.0	8:07	-1.4	8:23	-0.4	5:20	8:05	
29	Tue	2:35	11.8	3:14	11.1	8:58	-1.2	9:21	-0.4	5:21	8:04	
30	Wed	3:33	11.3	4:10	11.1	9:51	-0.8	10:21	-0.3	5:22	8:03	
31	Thu	4:35	10.8	5:09	11.1	10:46	-0.4	11:25	-0.1	5:23	8:02	