US HARBORS www.USHarbors.com

Rockland, ME - Aug 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:40	10.2	6:09	11.0	11:45	0.1			5:24	8:00	
2	Sat	6:47	9.8	7:11	11.0	12:30	0.0	12:45	0.6	5:25	7:59	
3	Sun	7:52	9.6	8:11	10.9	1:35	0.0	1:47	0.9	5:26	7:58	
4	Mon	8:54	9.4	9:09	10.9	2:37	0.0	2:46	1.1	5:28	7:57	
5	Tue	9:50	9.4	10:02	10.9	3:34	-0.1	3:42	1.1	5:29	7:55	
6	Wed	10:41	9.4	10:51	10.8	4:27	-0.1	4:32	1.2	5:30	7:54	
7	Thu	11:28	9.4	11:36	10.7	5:14	-0.1	5:18	1.2	5:31	7:53	
8	Fri			12:11	9.4	5:57	0.0	6:00	1.2	5:32	7:51	
9	Sat	12:16	10.6	12:51	9.4	6:36	0.1	6:38	1.2	5:33	7:50	
10	Sun	12:54	10.4	1:27	9.3	7:11	0.3	7:16	1.3	5:34	7:48	
11	Mon	1:28	10.2	1:59	9.3	7:46	0.5	7:53	1.3	5:35	7:47	
12	Tue	2:01	9.9	2:30	9.3	8:20	0.7	8:31	1.4	5:37	7:45	
13	Wed	2:35	9.6	3:02	9.3	8:55	1.0	9:12	1.4	5:38	7:44	
14	Thu	3:14	9.3	3:39	9.3	9:32	1.2	9:56	1.5	5:39	7:42	
15	Fri	3:57	9.0	4:21	9.3	10:13	1.5	10:45	1.5	5:40	7:41	
16	Sat	4:46	8.7	5:08	9.4	10:59	1.8	11:39	1.4	5:41	7:39	
17	Sun	5:42	8.5	6:01	9.5	11:50	1.9			5:42	7:38	
18	Mon	6:44	8.5	6:59	9.8	12:38	1.3	12:47	1.9	5:43	7:36	
19	Tue	7:48	8.6	7:59	10.2	1:38	0.9	1:45	1.7	5:45	7:35	
20	Wed	8:50	9.0	8:58	10.7	2:37	0.4	2:43	1.3	5:46	7:33	
21	Thu	9:46	9.5	9:55	11.3	3:33	-0.1	3:39	0.8	5:47	7:31	
22	Fri	10:39	10.1	10:48	11.9	4:25	-0.7	4:34	0.2	5:48	7:30	
23	Sat	11:29	10.6	11:41	12.2	5:16	-1.2	5:27	-0.3	5:49	7:28	
24	Sun			12:18	11.1	6:05	-1.5	6:19	-0.8	5:50	7:26	
25	Mon	12:33	12.3	1:07	11.5	6:54	-1.6	7:12	-1.0	5:51	7:25	
26	Tue	1:26	12.2	1:57	11.7	7:43	-1.5	8:06	-1.1	5:53	7:23	
27	Wed	2:20	11.8	2:49	11.7	8:33	-1.1	9:02	-1.0	5:54	7:21	
28	Thu	3:17	11.2	3:43	11.5	9:26	-0.6	10:01	-0.7	5:55	7:19	
29	Fri	4:18	10.6	4:42	11.2	10:21	0.1	11:04	-0.3	5:56	7:18	
30	Sat	5:23	9.9	5:44	10.9	11:21	0.6			5:57	7:16	
31	Sun	6:29	9.5	6:48	10.6	12:09	0.0	12:24	1.1	5:58	7:14	