US HARBORS www.USHarbors.com

Rockland, ME - Jan 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:49	10.2	9:33	9.0	2:34	1.7	3:18	0.4	7:11	4:08	
2	Fri	9:31	10.6	10:15	9.2	3:18	1.5	4:02	0.0	7:11	4:09	
3	Sat	10:12	10.9	10:57	9.4	4:01	1.3	4:45	-0.3	7:11	4:10	
4	Sun	10:55	11.2	11:39	9.7	4:45	1.1	5:28	-0.6	7:11	4:11	
5	Mon	11:39	11.4			5:30	0.8	6:12	-0.8	7:11	4:12	
6	Tue	12:23	9.9	12:26	11.5	6:17	0.6	6:58	-0.9	7:11	4:13	
7	Wed	1:10	10.1	1:16	11.5	7:07	0.5	7:46	-0.9	7:10	4:14	
8	Thu	1:59	10.3	2:09	11.2	8:01	0.4	8:37	-0.7	7:10	4:15	
9	Fri	2:52	10.5	3:07	10.8	8:59	0.4	9:30	-0.4	7:10	4:16	
10	Sat	3:49	10.6	4:10	10.4	10:01	0.3	10:27	-0.1	7:10	4:17	
11	Sun	4:49	10.8	5:19	10.0	11:06	0.2	11:26	0.2	7:09	4:18	
12	Mon	5:51	10.9	6:28	9.8			12:13	0.0	7:09	4:19	
13	Tue	6:53	11.1	7:35	9.7	12:27	0.5	1:18	-0.2	7:08	4:21	
14	Wed	7:52	11.3	8:36	9.7	1:28	0.7	2:19	-0.4	7:08	4:22	
15	Thu	8:49	11.4	9:32	9.7	2:27	0.8	3:16	-0.6	7:07	4:23	
16	Fri	9:42	11.4	10:24	9.8	3:22	0.8	4:08	-0.6	7:07	4:24	
17	Sat	10:32	11.4	11:13	9.7	4:13	0.8	4:57	-0.6	7:06	4:25	
18	Sun	11:18	11.2	11:58	9.7	5:01	0.9	5:42	-0.5	7:06	4:27	
19	Mon			12:01	10.9	5:45	1.0	6:24	-0.2	7:05	4:28	
20	Tue	12:40	9.6	12:42	10.6	6:28	1.1	7:03	0.1	7:04	4:29	
21	Wed	1:20	9.4	1:21	10.2	7:09	1.3	7:41	0.4	7:04	4:31	
22	Thu	1:58	9.3	2:00	9.8	7:51	1.5	8:20	0.7	7:03	4:32	
23	Fri	2:36	9.2	2:41	9.4	8:35	1.6	8:59	1.1	7:02	4:33	
24	Sat	3:15	9.1	3:26	9.0	9:21	1.7	9:41	1.5	7:01	4:35	
25	Sun	3:57	9.1	4:16	8.6	10:12	1.8	10:27	1.8	7:00	4:36	
26	Mon	4:43	9.1	5:13	8.4	11:07	1.7	11:17	2.0	6:59	4:37	
27	Tue	5:34	9.2	6:15	8.3			12:04	1.6	6:58	4:39	
28	Wed	6:28	9.4	7:15	8.3	12:10	2.1	1:00	1.3	6:57	4:40	
29	Thu	7:21	9.7	8:11	8.6	1:04	2.0	1:55	0.9	6:56	4:41	
30	Fri	8:13	10.2	9:01	8.9	1:57	1.8	2:46	0.4	6:55	4:43	
31	Sat	9:02	10.7	9:48	9.3	2:47	1.5	3:34	-0.1	6:54	4:44	