

## Rockland, ME - Mar 2076

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sun | 6:42  | 10.8 | 7:36  | 9.6  | 12:26 | 1.1  | 1:18  | -0.2 | 6:11                                                                                | 5:25 |    |
| 2    | Mon | 7:50  | 11.3 | 8:39  | 10.1 | 1:31  | 0.7  | 2:20  | -0.7 | 6:09                                                                                | 5:26 |    |
| 3    | Tue | 8:52  | 11.8 | 9:35  | 10.7 | 2:34  | 0.2  | 3:18  | -1.2 | 6:07                                                                                | 5:28 |    |
| 4    | Wed | 9:50  | 12.2 | 10:28 | 11.2 | 3:32  | -0.3 | 4:11  | -1.5 | 6:06                                                                                | 5:29 |    |
| 5    | Thu | 10:44 | 12.4 | 11:18 | 11.5 | 4:27  | -0.8 | 5:02  | -1.7 | 6:04                                                                                | 5:30 |    |
| 6    | Fri | 11:36 | 12.3 |       |      | 5:19  | -1.1 | 5:51  | -1.6 | 6:02                                                                                | 5:32 |    |
| 7    | Sat | 12:06 | 11.7 | 12:27 | 12.0 | 6:11  | -1.1 | 6:38  | -1.2 | 6:00                                                                                | 5:33 |    |
| 8    | Sun | 12:54 | 11.6 | 2:18  | 11.5 | 8:02  | -1.0 | 8:25  | -0.7 | 6:58                                                                                | 6:34 |    |
| 9    | Mon | 2:42  | 11.4 | 3:09  | 10.8 | 8:53  | -0.6 | 9:13  | -0.1 | 6:57                                                                                | 6:35 |    |
| 10   | Tue | 3:31  | 11.0 | 4:03  | 10.1 | 9:46  | -0.2 | 10:03 | 0.6  | 6:55                                                                                | 6:37 |    |
| 11   | Wed | 4:22  | 10.5 | 5:00  | 9.4  | 10:41 | 0.3  | 10:56 | 1.3  | 6:53                                                                                | 6:38 |    |
| 12   | Thu | 5:18  | 10.0 | 6:01  | 9.0  | 11:39 | 0.7  | 11:53 | 1.7  | 6:51                                                                                | 6:39 |   |
| 13   | Fri | 6:17  | 9.7  | 7:02  | 8.7  |       |      | 12:39 | 1.0  | 6:50                                                                                | 6:41 |  |
| 14   | Sat | 7:17  | 9.5  | 8:00  | 8.6  | 12:53 | 2.0  | 1:39  | 1.1  | 6:48                                                                                | 6:42 |  |
| 15   | Sun | 8:14  | 9.6  | 8:54  | 8.7  | 1:51  | 2.0  | 2:35  | 1.1  | 6:46                                                                                | 6:43 |  |
| 16   | Mon | 9:06  | 9.7  | 9:43  | 9.0  | 2:46  | 1.9  | 3:25  | 0.9  | 6:44                                                                                | 6:44 |  |
| 17   | Tue | 9:54  | 9.9  | 10:26 | 9.2  | 3:35  | 1.7  | 4:10  | 0.7  | 6:42                                                                                | 6:46 |  |
| 18   | Wed | 10:36 | 10.1 | 11:06 | 9.5  | 4:19  | 1.4  | 4:50  | 0.6  | 6:40                                                                                | 6:47 |  |
| 19   | Thu | 11:15 | 10.2 | 11:40 | 9.7  | 4:59  | 1.1  | 5:26  | 0.4  | 6:39                                                                                | 6:48 |  |
| 20   | Fri | 11:50 | 10.3 |       |      | 5:36  | 0.8  | 6:00  | 0.4  | 6:37                                                                                | 6:49 |  |
| 21   | Sat | 12:11 | 9.9  | 12:22 | 10.3 | 6:13  | 0.6  | 6:33  | 0.4  | 6:35                                                                                | 6:50 |  |
| 22   | Sun | 12:40 | 10.1 | 12:56 | 10.3 | 6:49  | 0.4  | 7:07  | 0.4  | 6:33                                                                                | 6:52 |  |
| 23   | Mon | 1:12  | 10.3 | 1:32  | 10.2 | 7:27  | 0.2  | 7:43  | 0.5  | 6:31                                                                                | 6:53 |  |
| 24   | Tue | 1:47  | 10.5 | 2:14  | 10.0 | 8:09  | 0.1  | 8:23  | 0.7  | 6:29                                                                                | 6:54 |  |
| 25   | Wed | 2:29  | 10.6 | 3:00  | 9.8  | 8:54  | 0.1  | 9:08  | 0.9  | 6:28                                                                                | 6:55 |  |
| 26   | Thu | 3:15  | 10.6 | 3:53  | 9.6  | 9:46  | 0.1  | 10:00 | 1.1  | 6:26                                                                                | 6:57 |  |
| 27   | Fri | 4:09  | 10.5 | 4:53  | 9.4  | 10:44 | 0.2  | 10:59 | 1.3  | 6:24                                                                                | 6:58 |  |
| 28   | Sat | 5:09  | 10.5 | 6:02  | 9.3  | 11:48 | 0.1  |       |      | 6:22                                                                                | 6:59 |  |
| 29   | Sun | 6:18  | 10.6 | 7:16  | 9.5  | 12:04 | 1.3  | 12:56 | 0.0  | 6:20                                                                                | 7:00 |  |
| 30   | Mon | 7:31  | 10.8 | 8:24  | 9.9  | 1:14  | 1.1  | 2:02  | -0.3 | 6:19                                                                                | 7:02 |  |
| 31   | Tue | 8:40  | 11.1 | 9:24  | 10.5 | 2:21  | 0.6  | 3:03  | -0.6 | 6:17                                                                                | 7:03 |  |