US HARBORS www.USHarbors.com

Rockland, ME - Jan 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:50	9.8	12:53	11.1	6:37	0.9	7:17	-0.4	7:11	4:09	
2	Sun	1:37	9.6	1:39	10.6	7:25	1.2	8:02	0.0	7:11	4:09	
3	Mon	2:23	9.4	2:25	10.1	8:12	1.4	8:47	0.5	7:11	4:10	
4	Tue	3:09	9.2	3:13	9.6	9:02	1.7	9:32	0.9	7:11	4:11	
5	Wed	3:56	9.1	4:04	9.1	9:54	1.8	10:19	1.2	7:11	4:12	
6	Thu	4:44	9.1	4:59	8.8	10:48	1.9	11:07	1.5	7:10	4:13	
7	Fri	5:33	9.2	5:57	8.6	11:44	1.8	11:56	1.8	7:10	4:14	
8	Sat	6:22	9.3	6:54	8.5			12:39	1.6	7:10	4:16	
9	Sun	7:10	9.5	7:48	8.5	12:46	1.9	1:31	1.3	7:10	4:17	
10	Mon	7:56	9.8	8:38	8.7	1:35	1.9	2:21	0.9	7:09	4:18	
11	Tue	8:40	10.1	9:23	8.9	2:22	1.8	3:07	0.6	7:09	4:19	
12	Wed	9:22	10.4	10:06	9.1	3:07	1.6	3:51	0.2	7:09	4:20	
13	Thu	10:03	10.8	10:47	9.4	3:51	1.4	4:34	-0.2	7:08	4:21	
14	Fri	10:44	11.1	11:28	9.6	4:34	1.1	5:16	-0.5	7:08	4:23	
15	Sat	11:27	11.4			5:18	0.8	5:59	-0.7	7:07	4:24	
16	Sun	12:09	9.9	12:12	11.5	6:04	0.6	6:43	-0.9	7:06	4:25	
17	Mon	12:53	10.2	1:00	11.5	6:52	0.4	7:29	-0.9	7:06	4:26	
18	Tue	1:40	10.4	1:51	11.2	7:43	0.3	8:17	-0.7	7:05	4:28	
19	Wed	2:30	10.6	2:46	10.9	8:39	0.2	9:08	-0.4	7:05	4:29	
20	Thu	3:25	10.7	3:47	10.4	9:39	0.2	10:03	-0.1	7:04	4:30	
21	Fri	4:23	10.8	4:54	10.0	10:43	0.1	11:02	0.3	7:03	4:31	
22	Sat	5:25	10.9	6:05	9.7	11:49	0.0			7:02	4:33	
23	Sun	6:29	11.0	7:14	9.6	12:04	0.6	12:56	-0.1	7:01	4:34	
24	Mon	7:32	11.2	8:18	9.6	1:07	0.7	2:00	-0.4	7:01	4:35	
25	Tue	8:32	11.3	9:16	9.8	2:09	0.8	2:59	-0.5	7:00	4:37	
26	Wed	9:27	11.4	10:09	9.9	3:06	0.7	3:53	-0.7	6:59	4:38	
27	Thu	10:18	11.4	10:59	9.9	3:59	0.7	4:43	-0.7	6:58	4:39	
28	Fri	11:06	11.3	11:44	9.9	4:48	0.7	5:28	-0.6	6:57	4:41	
29	Sat	11:51	11.1			5:34	0.8	6:11	-0.4	6:56	4:42	
30	Sun	12:27	9.8	12:32	10.8	6:17	0.9	6:51	-0.1	6:55	4:44	
31	Mon	1:07	9.7	1:12	10.4	6:59	1.0	7:29	0.3	6:54	4:45	