US HARBORS www.USHarbors.com

Rockland, ME - Jul 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:33	10.5	4:17	9.9	10:03	-0.1	10:25	0.9	4:57	8:23	
2	Sat	4:29	10.3	5:11	10.2	10:55	0.0	11:25	0.7	4:58	8:23	
3	Sun	5:30	10.1	6:09	10.6	11:50	0.1			4:58	8:23	
4	Mon	6:36	10.0	7:08	11.0	12:28	0.3	12:47	0.2	4:59	8:22	
5	Tue	7:44	9.9	8:08	11.3	1:32	-0.1	1:46	0.3	5:00	8:22	
6	Wed	8:50	10.0	9:06	11.7	2:35	-0.5	2:45	0.3	5:00	8:22	
7	Thu	9:52	10.1	10:04	11.9	3:35	-0.9	3:43	0.3	5:01	8:21	
8	Fri	10:50	10.2	10:59	12.0	4:32	-1.2	4:39	0.3	5:02	8:21	
9	Sat	11:45	10.2	11:52	12.0	5:27	-1.3	5:33	0.3	5:02	8:20	
10	Sun			12:37	10.2	6:19	-1.3	6:26	0.4	5:03	8:20	
11	Mon	12:43	11.8	1:27	10.1	7:09	-1.1	7:17	0.5	5:04	8:19	
12	Tue	1:33	11.5	2:16	10.0	7:58	-0.8	8:07	0.7	5:05	8:19	
13	Wed	2:22	11.0	3:04	9.8	8:45	-0.4	8:56	1.0	5:06	8:18	
14	Thu	3:11	10.5	3:52	9.7	9:31	0.1	9:47	1.3	5:07	8:17	
15	Fri	4:00	9.9	4:39	9.5	10:16	0.6	10:38	1.5	5:08	8:17	
16	Sat	4:51	9.4	5:27	9.4	11:02	1.0	11:32	1.6	5:08	8:16	
17	Sun	5:45	9.0	6:16	9.3	11:50	1.4			5:09	8:15	
18	Mon	6:41	8.7	7:05	9.4	12:26	1.6	12:39	1.7	5:10	8:14	
19	Tue	7:37	8.5	7:54	9.5	1:21	1.5	1:30	1.9	5:11	8:14	
20	Wed	8:32	8.5	8:42	9.6	2:15	1.3	2:20	2.0	5:12	8:13	
21	Thu	9:23	8.5	9:28	9.9	3:06	1.1	3:08	1.9	5:13	8:12	
22	Fri	10:11	8.7	10:11	10.1	3:54	0.8	3:54	1.8	5:14	8:11	
23	Sat	10:55	8.9	10:52	10.4	4:38	0.5	4:37	1.6	5:15	8:10	
24	Sun	11:35	9.1	11:32	10.7	5:20	0.2	5:20	1.4	5:16	8:09	
25	Mon			12:14	9.3	6:01	-0.1	6:02	1.1	5:17	8:08	
26	Tue	12:12	10.9	12:52	9.6	6:42	-0.3	6:45	0.9	5:18	8:07	
27	Wed	12:53	11.1	1:32	9.9	7:23	-0.5	7:30	0.6	5:19	8:06	
28	Thu	1:37	11.1	2:15	10.2	8:05	-0.5	8:18	0.4	5:20	8:05	
29	Fri	2:25	11.0	3:01	10.4	8:50	-0.5	9:10	0.3	5:21	8:04	
30	Sat	3:16	10.8	3:51	10.7	9:38	-0.3	10:06	0.2	5:23	8:02	
31	Sun	4:13	10.4	4:46	10.8	10:30	0.0	11:07	0.1	5:24	8:01	