US HARBORS www.USHarbors.com

Rockland, ME - Jan 2080

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:52	9.7	5:17	9.1	11:15	1.2	11:31	1.1	7:11	4:08	
2	Tue	5:46	10.1	6:21	9.2			12:15	0.8	7:11	4:09	
3	Wed	6:43	10.6	7:25	9.3	12:27	1.1	1:16	0.2	7:11	4:10	
4	Thu	7:40	11.1	8:28	9.6	1:24	0.9	2:15	-0.4	7:11	4:11	
5	Fri	8:38	11.6	9:27	10.0	2:22	0.7	3:13	-1.0	7:11	4:12	
6	Sat	9:35	12.1	10:24	10.3	3:19	0.4	4:08	-1.5	7:10	4:13	
7	Sun	10:31	12.4	11:18	10.6	4:14	0.1	5:03	-1.8	7:10	4:14	
8	Mon	11:26	12.6			5:10	-0.2	5:56	-1.9	7:10	4:15	
9	Tue	12:12	10.8	12:21	12.5	6:05	-0.3	6:48	-1.7	7:10	4:16	
10	Wed	1:05	10.9	1:16	12.1	7:01	-0.2	7:40	-1.4	7:09	4:17	
11	Thu	1:59	10.9	2:12	11.5	7:57	-0.1	8:32	-0.9	7:09	4:18	
12	Fri	2:53	10.8	3:10	10.9	8:55	0.2	9:25	-0.4	7:09	4:20	
13	Sat	3:48	10.6	4:10	10.2	9:56	0.4	10:19	0.2	7:08	4:21	
14	Sun	4:44	10.5	5:12	9.6	10:57	0.6	11:14	0.8	7:08	4:22	
15	Mon	5:41	10.3	6:14	9.1	11:59	0.8			7:07	4:23	
16	Tue	6:36	10.2	7:13	8.9	12:11	1.3	12:58	0.8	7:07	4:24	
17	Wed	7:30	10.1	8:09	8.8	1:06	1.6	1:54	0.8	7:06	4:26	
18	Thu	8:21	10.1	9:00	8.8	1:59	1.7	2:46	0.7	7:06	4:27	
19	Fri	9:08	10.2	9:47	8.8	2:48	1.8	3:32	0.6	7:05	4:28	
20	Sat	9:51	10.2	10:29	8.9	3:32	1.8	4:15	0.5	7:04	4:29	
21	Sun	10:31	10.3	11:09	8.9	4:13	1.7	4:53	0.4	7:03	4:31	
22	Mon	11:06	10.3	11:44	9.0	4:51	1.6	5:30	0.4	7:03	4:32	
23	Tue	11:39	10.3			5:27	1.5	6:04	0.4	7:02	4:33	
24	Wed	12:16	9.1	12:11	10.3	6:03	1.5	6:37	0.4	7:01	4:35	
25	Thu	12:46	9.2	12:45	10.2	6:40	1.4	7:11	0.4	7:00	4:36	
26	Fri	1:18	9.4	1:22	10.0	7:20	1.3	7:47	0.6	6:59	4:37	
27	Sat	1:54	9.5	2:05	9.8	8:02	1.2	8:26	0.7	6:58	4:39	
28	Sun	2:35	9.7	2:52	9.6	8:50	1.1	9:10	0.9	6:57	4:40	
29	Mon	3:21	9.9	3:46	9.3	9:43	1.0	10:00	1.1	6:56	4:42	
30	Tue	4:13	10.1	4:47	9.1	10:43	0.8	10:56	1.3	6:55	4:43	
31	Wed	5:11	10.3	5:55	9.0	11:47	0.6	11:57	1.3	6:54	4:44	