US HARBORS www.USHarbors.com

Rockland, ME - Mar 2083

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:24**	10.1	**9:03**	9.2	**2:06**	1.7	**2:48**	0.6	6:12	5:24	
2	Tue	**9:09**	10.5	**9:44**	9.7	**2:54**	1.2	**3:31**	0.1	6:10	5:26	
3	Wed	**9:53**	10.9	**10:23**	10.3	**3:40**	0.6	**4:12**	-0.3	6:08	5:27	
4	Thu	**10:36**	11.2	**11:02**	10.8	**4:25**	0.1	**4:53**	-0.6	6:07	5:28	
5	Fri	**11:19**	11.4	**11:43**	11.3	**5:10**	-0.4	**5:34**	-0.7	6:05	5:29	
6	Sat			**12:05**	11.3	**5:56**	-0.8	**6:17**	-0.7	6:03	5:31	
7	Sun	**12:26**	11.6	**12:54**	11.1	**6:44**	-1.0	**7:03**	-0.5	6:01	5:32	
8	Mon	**1:13**	11.7	**1:46**	10.7	**7:36**	-1.0	**7:52**	-0.1	6:00	5:33	
9	Tue	**2:04**	11.6	**2:43**	10.2	**8:32**	-0.8	**8:47**	0.3	5:58	5:35	
10	Wed	**3:01**	11.3	**3:49**	9.7	**9:33**	-0.4	**9:48**	0.8	5:56	5:36	
11	Thu	**4:06**	11.0	**5:01**	9.4	**10:40**	-0.1	**10:55**	1.1	5:54	5:37	
12	Fri	**5:19**	10.8	**6:13**	9.4	**11:50**	0.0			5:53	5:38	
13	Sat	**6:31**	10.7	**7:19**	9.5	**12:06**	1.2	**12:58**	0.0	5:51	5:40	
14	Sun	**8:37**	10.8	**9:18**	9.8	**1:14**	1.0	**3:00**	-0.1	6:49	6:41	
15	Mon	**9:35**	10.9	**10:11**	10.2	**3:16**	0.7	**3:55**	-0.2	6:47	6:42	
16	Tue	**10:28**	11.0	**10:58**	10.4	**4:11**	0.4	**4:43**	-0.3	6:45	6:43	
17	Wed	**11:16**	10.9	**11:41**	10.5	**5:00**	0.2	**5:27**	-0.2	6:44	6:45	
18	Thu			**12:00**	10.7	**5:45**	0.1	**6:06**	0.0	6:42	6:46	
19	Fri	**12:21**	10.5	**12:40**	10.4	**6:25**	0.1	**6:43**	0.3	6:40	6:47	
20	Sat	**12:57**	10.4	**1:18**	10.1	**7:04**	0.2	**7:17**	0.7	6:38	6:48	
21	Sun	**1:29**	10.3	**1:54**	9.7	**7:41**	0.4	**7:51**	1.1	6:36	6:50	
22	Mon	**2:00**	10.0	**2:30**	9.3	**8:19**	0.6	**8:27**	1.4	6:34	6:51	
23	Tue	**2:33**	9.8	**3:07**	8.9	**8:58**	0.8	**9:06**	1.8	6:33	6:52	
24	Wed	**3:11**	9.6	**3:50**	8.5	**9:42**	1.1	**9:49**	2.1	6:31	6:53	
25	Thu	**3:55**	9.4	**4:40**	8.3	**10:32**	1.4	**10:39**	2.3	6:29	6:55	
26	Fri	**4:47**	9.2	**5:38**	8.1	**11:27**	1.5	**11:35**	2.4	6:27	6:56	
27	Sat	**5:45**	9.2	**6:41**	8.2			**12:25**	1.5	6:25	6:57	
28	Sun	**6:47**	9.3	**7:41**	8.5	**12:35**	2.3	**1:23**	1.3	6:23	6:58	
29	Mon	**7:48**	9.6	**8:34**	9.0	**1:34**	2.0	**2:17**	0.9	6:22	6:59	
30	Tue	**8:43**	10.0	**9:20**	9.6	**2:30**	1.5	**3:06**	0.5	6:20	7:01	
31	Wed	**9:34**	10.5	**10:04**	10.3	**3:22**	0.8	**3:52**	0.1	6:18	7:02	