US HARBORS www.USHarbors.com

Rockland, ME - Jan 2086

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:42	11.0			5:25	0.8	6:02	-0.3	7:11	4:09	
2	Wed	12:19	9.7	12:22	10.7	6:07	1.0	6:41	-0.1	7:11	4:09	
3	Thu	12:59	9.6	1:00	10.4	6:47	1.1	7:19	0.2	7:11	4:10	
4	Fri	1:37	9.5	1:37	10.0	7:28	1.3	7:57	0.5	7:11	4:11	
5	Sat	2:14	9.4	2:15	9.6	8:11	1.5	8:36	0.9	7:10	4:12	
6	Sun	2:51	9.3	2:58	9.2	8:56	1.6	9:17	1.2	7:10	4:13	
7	Mon	3:32	9.2	3:46	8.9	9:45	1.7	10:02	1.4	7:10	4:15	
8	Tue	4:18	9.3	4:39	8.6	10:38	1.7	10:51	1.7	7:10	4:16	
9	Wed	5:07	9.4	5:38	8.5	11:34	1.6	11:43	1.8	7:10	4:17	
10	Thu	6:00	9.6	6:39	8.5			12:31	1.3	7:09	4:18	
11	Fri	6:54	9.9	7:37	8.7	12:36	1.7	1:26	0.9	7:09	4:19	
12	Sat	7:46	10.3	8:31	9.1	1:29	1.5	2:18	0.4	7:08	4:20	
13	Sun	8:36	10.8	9:20	9.5	2:21	1.2	3:07	-0.1	7:08	4:21	
14	Mon	9:25	11.3	10:07	10.0	3:11	0.8	3:55	-0.7	7:08	4:23	
15	Tue	10:13	11.8	10:54	10.5	4:00	0.3	4:42	-1.1	7:07	4:24	
16	Wed	11:02	12.1	11:40	10.9	4:50	-0.1	5:29	-1.5	7:06	4:25	
17	Thu	11:51	12.2			5:40	-0.5	6:16	-1.6	7:06	4:26	
18	Fri	12:28	11.2	12:42	12.1	6:32	-0.7	7:04	-1.5	7:05	4:28	
19	Sat	1:18	11.4	1:36	11.8	7:26	-0.7	7:55	-1.3	7:04	4:29	
20	Sun	2:11	11.5	2:33	11.3	8:22	-0.6	8:48	-0.8	7:04	4:30	
21	Mon	3:07	11.4	3:35	10.7	9:22	-0.5	9:44	-0.3	7:03	4:31	
22	Tue	4:07	11.3	4:42	10.1	10:26	-0.2	10:45	0.2	7:02	4:33	
23	Wed	5:11	11.1	5:51	9.8	11:33	-0.1	11:48	0.6	7:01	4:34	
24	Thu	6:16	11.0	6:58	9.6			12:40	0.0	7:01	4:35	
25	Fri	7:18	11.0	7:59	9.6	12:52	0.8	1:43	-0.1	7:00	4:37	
26	Sat	8:16	11.0	8:55	9.6	1:53	0.9	2:40	-0.1	6:59	4:38	
27	Sun	9:10	11.0	9:46	9.7	2:49	0.9	3:32	-0.2	6:58	4:40	
28	Mon	9:58	11.0	10:32	9.8	3:39	0.8	4:18	-0.2	6:57	4:41	
29	Tue	10:42	10.9	11:15	9.8	4:25	0.8	5:00	-0.1	6:56	4:42	
30	Wed	11:23	10.7	11:53	9.8	5:06	0.8	5:38	0.0	6:55	4:44	
31	Thu	11:59	10.5			5:44	0.9	6:12	0.2	6:54	4:45	