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# Rockland, ME - Jul 2086

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | **2:21** | 11.4 | **3:01** | 10.7 | **8:48** | -0.9 | **9:08** | 0.1 | 4:57 | 8:23 | |
| 2 | Tue | **3:14** | 11.1 | **3:54** | 10.9 | **9:38** | -0.7 | **10:06** | 0.1 | 4:58 | 8:23 | |
| 3 | Wed | **4:13** | 10.8 | **4:51** | 11.0 | **10:32** | -0.5 | **11:07** | 0.0 | 4:58 | 8:23 | |
| 4 | Thu | **5:16** | 10.4 | **5:52** | 11.1 | **11:29** | -0.2 | | | 4:59 | 8:22 | |
| 5 | Fri | **6:25** | 10.1 | **6:55** | 11.2 | **12:12** | -0.1 | **12:30** | 0.1 | 5:00 | 8:22 | |
| 6 | Sat | **7:34** | 9.9 | **7:57** | 11.4 | **1:17** | -0.3 | **1:31** | 0.3 | 5:00 | 8:22 | |
| 7 | Sun | **8:39** | 9.9 | **8:57** | 11.5 | **2:21** | -0.4 | **2:32** | 0.4 | 5:01 | 8:21 | |
| 8 | Mon | **9:39** | 10.0 | **9:54** | 11.6 | **3:22** | -0.6 | **3:31** | 0.4 | 5:02 | 8:21 | |
| 9 | Tue | **10:35** | 10.1 | **10:47** | 11.7 | **4:18** | -0.8 | **4:26** | 0.4 | 5:03 | 8:20 | |
| 10 | Wed | **11:27** | 10.1 | **11:37** | 11.6 | **5:10** | -0.8 | **5:17** | 0.4 | 5:03 | 8:20 | |
| 11 | Thu | | | **12:15** | 10.1 | **5:58** | -0.8 | **6:05** | 0.5 | 5:04 | 8:19 | |
| 12 | Fri | **12:23** | 11.3 | **1:00** | 10.0 | **6:43** | -0.6 | **6:51** | 0.7 | 5:05 | 8:19 | |
| 13 | Sat | **1:07** | 11.0 | **1:43** | 9.9 | **7:25** | -0.3 | **7:34** | 0.8 | 5:06 | 8:18 | |
| 14 | Sun | **1:49** | 10.7 | **2:24** | 9.8 | **8:05** | 0.0 | **8:17** | 1.0 | 5:07 | 8:17 | |
| 15 | Mon | **2:29** | 10.2 | **3:03** | 9.6 | **8:45** | 0.3 | **9:00** | 1.2 | 5:08 | 8:17 | |
| 16 | Tue | **3:09** | 9.8 | **3:42** | 9.5 | **9:24** | 0.7 | **9:45** | 1.4 | 5:09 | 8:16 | |
| 17 | Wed | **3:51** | 9.4 | **4:23** | 9.4 | **10:05** | 1.1 | **10:32** | 1.5 | 5:09 | 8:15 | |
| 18 | Thu | **4:37** | 9.0 | **5:06** | 9.3 | **10:49** | 1.4 | **11:23** | 1.6 | 5:10 | 8:14 | |
| 19 | Fri | **5:29** | 8.7 | **5:55** | 9.4 | **11:36** | 1.6 | | | 5:11 | 8:14 | |
| 20 | Sat | **6:26** | 8.5 | **6:46** | 9.5 | **12:18** | 1.6 | **12:27** | 1.8 | 5:12 | 8:13 | |
| 21 | Sun | **7:25** | 8.4 | **7:39** | 9.7 | **1:14** | 1.4 | **1:20** | 1.8 | 5:13 | 8:12 | |
| 22 | Mon | **8:22** | 8.6 | **8:31** | 10.0 | **2:08** | 1.1 | **2:12** | 1.7 | 5:14 | 8:11 | |
| 23 | Tue | **9:15** | 8.8 | **9:20** | 10.4 | **3:01** | 0.8 | **3:03** | 1.5 | 5:15 | 8:10 | |
| 24 | Wed | **10:03** | 9.2 | **10:07** | 10.8 | **3:50** | 0.3 | **3:52** | 1.1 | 5:16 | 8:09 | |
| 25 | Thu | **10:48** | 9.6 | **10:53** | 11.3 | **4:36** | -0.2 | **4:40** | 0.7 | 5:17 | 8:08 | |
| 26 | Fri | **11:33** | 10.1 | **11:39** | 11.6 | **5:21** | -0.6 | **5:28** | 0.3 | 5:18 | 8:07 | |
| 27 | Sat | | | **12:17** | 10.5 | **6:06** | -1.0 | **6:16** | -0.1 | 5:19 | 8:06 | |
| 28 | Sun | **12:27** | 11.8 | **1:02** | 10.9 | **6:51** | -1.2 | **7:06** | -0.4 | 5:21 | 8:05 | |
| 29 | Mon | **1:15** | 11.8 | **1:49** | 11.2 | **7:37** | -1.3 | **7:57** | -0.6 | 5:22 | 8:03 | |
| 30 | Tue | **2:06** | 11.7 | **2:39** | 11.4 | **8:26** | -1.1 | **8:52** | -0.7 | 5:23 | 8:02 | |
| 31 | Wed | **3:01** | 11.3 | **3:32** | 11.5 | **9:17** | -0.8 | **9:50** | -0.6 | 5:24 | 8:01 | |