US HARBORS www.USHarbors.com

Rockland, ME - Jan 2087

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:09	10.0	8:45	8.9	1:44	1.6	2:29	0.8	7:11	4:08	
2	Thu	8:52	10.2	9:30	9.1	2:31	1.5	3:13	0.5	7:11	4:09	
3	Fri	9:32	10.5	10:10	9.3	3:14	1.3	3:55	0.2	7:11	4:10	
4	Sat	10:09	10.8	10:48	9.5	3:56	1.1	4:35	-0.1	7:11	4:11	
5	Sun	10:47	11.0	11:25	9.8	4:37	0.9	5:15	-0.4	7:11	4:12	
6	Mon	11:26	11.2			5:19	0.7	5:55	-0.6	7:10	4:13	
7	Tue	12:03	10.1	12:08	11.3	6:02	0.5	6:36	-0.7	7:10	4:14	
8	Wed	12:44	10.3	12:53	11.3	6:48	0.3	7:20	-0.7	7:10	4:15	
9	Thu	1:29	10.6	1:42	11.1	7:37	0.2	8:07	-0.6	7:10	4:16	
10	Fri	2:18	10.7	2:35	10.8	8:31	0.1	8:57	-0.4	7:09	4:18	
11	Sat	3:11	10.9	3:35	10.4	9:30	0.1	9:53	-0.1	7:09	4:19	
12	Sun	4:10	10.9	4:41	10.1	10:33	0.0	10:52	0.1	7:09	4:20	
13	Mon	5:14	11.1	5:53	9.9	11:39	-0.1	11:55	0.3	7:08	4:21	
14	Tue	6:20	11.2	7:04	9.9			12:46	-0.3	7:08	4:22	
15	Wed	7:25	11.4	8:08	10.0	12:59	0.4	1:50	-0.6	7:07	4:23	
16	Thu	8:26	11.7	9:07	10.2	2:01	0.3	2:49	-0.9	7:07	4:25	
17	Fri	9:22	11.8	10:01	10.4	3:00	0.2	3:44	-1.1	7:06	4:26	
18	Sat	10:14	11.9	10:52	10.5	3:54	0.1	4:35	-1.1	7:05	4:27	
19	Sun	11:03	11.8	11:39	10.5	4:45	0.0	5:22	-1.0	7:05	4:29	
20	Mon	11:49	11.5			5:32	0.1	6:06	-0.8	7:04	4:30	
21	Tue	12:24	10.5	12:33	11.1	6:18	0.3	6:48	-0.5	7:03	4:31	
22	Wed	1:06	10.3	1:16	10.7	7:02	0.5	7:28	-0.1	7:02	4:32	
23	Thu	1:47	10.1	1:57	10.1	7:45	0.8	8:08	0.4	7:02	4:34	
24	Fri	2:27	9.8	2:40	9.6	8:30	1.0	8:50	0.8	7:01	4:35	
25	Sat	3:09	9.6	3:25	9.1	9:17	1.3	9:34	1.3	7:00	4:36	
26	Sun	3:53	9.5	4:17	8.8	10:08	1.5	10:21	1.6	6:59	4:38	
27	Mon	4:42	9.4	5:14	8.5	11:02	1.6	11:13	1.8	6:58	4:39	
28	Tue	5:36	9.4	6:15	8.4	11:59	1.5			6:57	4:41	
29	Wed	6:31	9.5	7:13	8.5	12:07	1.9	12:56	1.3	6:56	4:42	
30	Thu	7:24	9.7	8:06	8.7	1:01	1.8	1:49	1.0	6:55	4:43	
31	Fri	8:13	10.1	8:54	9.0	1:53	1.6	2:38	0.6	6:54	4:45	