US HARBORS www.USHarbors.com

Rockland, ME - Mar 2087

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:31	10.0	8:13	9.2	1:15	1.6	1:58	0.6	6:12	5:24	
2	Sun	8:23	10.5	9:00	9.8	2:08	1.1	2:47	0.1	6:10	5:26	
3	Mon	9:12	11.0	9:44	10.4	2:58	0.5	3:32	-0.4	6:08	5:27	
4	Tue	9:59	11.4	10:28	11.0	3:47	-0.1	4:17	-0.8	6:07	5:28	
5	Wed	10:46	11.7	11:12	11.5	4:35	-0.7	5:02	-1.1	6:05	5:29	
6	Thu	11:34	11.9	11:57	11.9	5:23	-1.1	5:47	-1.2	6:03	5:31	
7	Fri			12:23	11.8	6:13	-1.4	6:35	-1.1	6:01	5:32	
8	Sat	12:45	12.1	1:16	11.5	7:05	-1.4	7:25	-0.8	6:00	5:33	
9	Sun	1:37	12.0	3:12	11.0	9:00	-1.3	9:18	-0.4	6:58	6:35	
10	Mon	3:33	11.8	4:14	10.5	9:58	-0.9	10:16	0.1	6:56	6:36	
11	Tue	4:35	11.4	5:22	10.1	11:02	-0.6	11:20	0.5	6:54	6:37	
12	Wed	5:43	11.1	6:31	9.8			12:09	-0.3	6:53	6:38	
13	Thu	6:53	10.9	7:38	9.8	12:28	0.7	1:16	-0.1	6:51	6:40	
14	Fri	7:59	10.8	8:39	9.9	1:36	0.8	2:20	-0.1	6:49	6:41	
15	Sat	8:59	10.8	9:34	10.1	2:39	0.7	3:18	-0.1	6:47	6:42	
16	Sun	9:54	10.9	10:24	10.3	3:36	0.5	4:09	-0.1	6:45	6:43	
17	Mon	10:43	10.8	11:10	10.4	4:27	0.3	4:54	-0.1	6:43	6:45	
18	Tue	11:28	10.7	11:51	10.5	5:12	0.2	5:35	0.1	6:42	6:46	
19	Wed			12:09	10.5	5:54	0.2	6:13	0.3	6:40	6:47	
20	Thu	12:28	10.4	12:47	10.2	6:32	0.2	6:47	0.5	6:38	6:48	
21	Fri	1:02	10.3	1:23	9.9	7:08	0.3	7:21	0.8	6:36	6:50	
22	Sat	1:32	10.1	1:55	9.6	7:44	0.5	7:55	1.1	6:34	6:51	
23	Sun	2:01	10.0	2:28	9.3	8:21	0.6	8:31	1.3	6:33	6:52	
24	Mon	2:35	9.8	3:05	9.0	9:01	0.8	9:10	1.6	6:31	6:53	
25	Tue	3:14	9.7	3:48	8.8	9:45	1.0	9:54	1.8	6:29	6:55	
26	Wed	3:59	9.5	4:38	8.6	10:34	1.2	10:44	2.0	6:27	6:56	
27	Thu	4:50	9.4	5:34	8.6	11:28	1.2	11:40	2.0	6:25	6:57	
28	Fri	5:47	9.5	6:35	8.7			12:25	1.1	6:23	6:58	
29	Sat	6:49	9.7	7:36	9.1	12:40	1.8	1:22	0.9	6:22	6:59	
30	Sun	7:50	10.0	8:31	9.6	1:39	1.4	2:17	0.5	6:20	7:01	
31	Mon	8:48	10.5	9:22	10.3	2:36	0.8	3:09	0.0	6:18	7:02	