US HARBORS www.USHarbors.com

# Rockland, ME - Mar 2088

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 4:43 | 11.0 | 5:32 | 9.8 | 11:14 | -0.2 | 11:32 | 0.6 | 6:11 | 5:25 | |
| 2 | Tue | 5:55 | 11.0 | 6:44 | 9.9 | | | 12:22 | -0.3 | 6:09 | 5:27 | |
| 3 | Wed | 7:05 | 11.2 | 7:49 | 10.2 | 12:41 | 0.5 | 1:28 | -0.5 | 6:07 | 5:28 | |
| 4 | Thu | 8:09 | 11.4 | 8:47 | 10.6 | 1:46 | 0.3 | 2:28 | -0.7 | 6:05 | 5:29 | |
| 5 | Fri | 9:06 | 11.6 | 9:40 | 10.9 | 2:46 | -0.1 | 3:22 | -0.9 | 6:04 | 5:30 | |
| 6 | Sat | 9:59 | 11.7 | 10:29 | 11.1 | 3:40 | -0.4 | 4:12 | -1.0 | 6:02 | 5:32 | |
| 7 | Sun | 10:48 | 11.6 | 11:15 | 11.2 | 4:31 | -0.6 | 4:58 | -0.9 | 6:00 | 5:33 | |
| 8 | Mon | 11:35 | 11.4 | 11:58 | 11.1 | 5:18 | -0.6 | 5:41 | -0.6 | 5:58 | 5:34 | |
| 9 | Tue | | | 12:19 | 11.0 | 6:02 | -0.5 | 6:22 | -0.2 | 5:57 | 5:36 | |
| 10 | Wed | 12:39 | 10.9 | 1:01 | 10.5 | 6:45 | -0.2 | 7:02 | 0.2 | 5:55 | 5:37 | |
| 11 | Thu | 1:18 | 10.6 | 1:43 | 10.0 | 7:28 | 0.1 | 7:42 | 0.7 | 5:53 | 5:38 | |
| 12 | Fri | 1:57 | 10.2 | 2:25 | 9.5 | 8:11 | 0.5 | 8:24 | 1.2 | 5:51 | 5:39 | |
| 13 | Sat | 2:37 | 9.9 | 3:11 | 9.0 | 8:57 | 0.9 | 9:09 | 1.6 | 5:49 | 5:41 | |
| 14 | Sun | 4:22 | 9.6 | 5:02 | 8.7 | 10:46 | 1.2 | 10:59 | 1.9 | 6:48 | 6:42 | |
| 15 | Mon | 5:13 | 9.3 | 6:00 | 8.5 | 11:41 | 1.4 | 11:53 | 2.1 | 6:46 | 6:43 | |
| 16 | Tue | 6:11 | 9.2 | 7:00 | 8.5 | | | 12:38 | 1.4 | 6:44 | 6:44 | |
| 17 | Wed | 7:12 | 9.3 | 7:57 | 8.6 | 12:51 | 2.1 | 1:34 | 1.3 | 6:42 | 6:46 | |
| 18 | Thu | 8:08 | 9.5 | 8:48 | 9.0 | 1:48 | 1.9 | 2:27 | 1.1 | 6:40 | 6:47 | |
| 19 | Fri | 8:59 | 9.8 | 9:33 | 9.4 | 2:40 | 1.5 | 3:15 | 0.8 | 6:38 | 6:48 | |
| 20 | Sat | 9:45 | 10.1 | 10:14 | 9.9 | 3:29 | 1.1 | 3:59 | 0.4 | 6:37 | 6:49 | |
| 21 | Sun | 10:28 | 10.5 | 10:52 | 10.4 | 4:14 | 0.6 | 4:40 | 0.1 | 6:35 | 6:51 | |
| 22 | Mon | 11:09 | 10.8 | 11:30 | 10.9 | 4:58 | 0.0 | 5:21 | -0.2 | 6:33 | 6:52 | |
| 23 | Tue | 11:51 | 11.1 | | | 5:41 | -0.5 | 6:02 | -0.4 | 6:31 | 6:53 | |
| 24 | Wed | 12:09 | 11.3 | 12:35 | 11.2 | 6:26 | -0.8 | 6:45 | -0.5 | 6:29 | 6:54 | |
| 25 | Thu | 12:52 | 11.6 | 1:21 | 11.1 | 7:12 | -1.1 | 7:30 | -0.5 | 6:27 | 6:56 | |
| 26 | Fri | 1:38 | 11.8 | 2:11 | 11.0 | 8:02 | -1.2 | 8:18 | -0.3 | 6:26 | 6:57 | |
| 27 | Sat | 2:27 | 11.7 | 3:05 | 10.7 | 8:55 | -1.1 | 9:12 | 0.0 | 6:24 | 6:58 | |
| 28 | Sun | 3:22 | 11.6 | 4:06 | 10.3 | 9:52 | -0.8 | 10:10 | 0.3 | 6:22 | 6:59 | |
| 29 | Mon | 4:24 | 11.3 | 5:14 | 10.1 | 10:55 | -0.6 | 11:14 | 0.5 | 6:20 | 7:00 | |
| 30 | Tue | 5:33 | 11.0 | 6:24 | 10.0 | | | 12:01 | -0.4 | 6:18 | 7:02 | |
| 31 | Wed | 6:45 | 10.9 | 7:32 | 10.2 | 12:23 | 0.6 | 1:07 | -0.3 | 6:17 | 7:03 | |