US HARBORS www.USHarbors.com

Rockland, ME - Jan 2089

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:54	11.4	2:12	11.9	7:54	-0.6	8:30	-1.4	7:11	4:09	
2	Sun	2:54	11.3	3:12	11.3	8:54	-0.3	9:24	-0.8	7:11	4:10	
3	Mon	3:48	11.1	4:12	10.6	9:54	0.0	10:24	-0.3	7:11	4:11	
4	Tue	4:48	10.9	5:18	10.1	11:00	0.3	11:24	0.2	7:11	4:12	
5	Wed	5:48	10.7	6:18	9.7			12:06	0.4	7:10	4:13	
6	Thu	6:48	10.6	7:18	9.5	12:18	0.6	1:06	0.4	7:10	4:14	
7	Fri	7:42	10.6	8:12	9.4	1:18	0.9	2:00	0.4	7:10	4:15	
8	Sat	8:30	10.6	9:06	9.4	2:12	1.0	2:48	0.3	7:10	4:16	
9	Sun	9:18	10.6	9:54	9.4	3:00	1.1	3:36	0.2	7:09	4:17	
10	Mon	10:00	10.6	10:36	9.4	3:42	1.2	4:18	0.2	7:09	4:18	
11	Tue	10:42	10.6	11:12	9.4	4:24	1.2	4:54	0.2	7:09	4:19	
12	Wed	11:18	10.5	11:48	9.4	5:00	1.2	5:30	0.2	7:08	4:20	
13	Thu	11:48	10.4			5:36	1.2	6:06	0.2	7:08	4:22	
14	Fri	12:18	9.4	12:18	10.3	6:12	1.2	6:42	0.3	7:07	4:23	
15	Sat	12:48	9.4	12:48	10.2	6:48	1.2	7:18	0.4	7:07	4:24	
16	Sun	1:24	9.5	1:24	10.0	7:24	1.2	7:54	0.5	7:06	4:25	
17	Mon	2:00	9.6	2:06	9.8	8:06	1.2	8:30	0.6	7:06	4:27	
18	Tue	2:42	9.7	2:54	9.6	8:54	1.2	9:18	0.8	7:05	4:28	
19	Wed	3:30	9.9	3:48	9.5	9:48	1.1	10:06	0.9	7:04	4:29	
20	Thu	4:18	10.1	4:48	9.4	10:48	0.9	11:06	0.9	7:04	4:31	
21	Fri	5:18	10.4	5:54	9.4	11:48	0.5			7:03	4:32	
22	Sat	6:18	10.8	7:00	9.7	12:06	0.8	12:54	0.1	7:02	4:33	
23	Sun	7:24	11.3	8:06	10.1	1:06	0.5	1:54	-0.5	7:01	4:34	
24	Mon	8:24	11.8	9:06	10.5	2:06	0.1	2:54	-1.1	7:00	4:36	
25	Tue	9:24	12.3	10:06	11.0	3:06	-0.3	3:48	-1.6	6:59	4:37	
26	Wed	10:18	12.7	10:54	11.4	4:00	-0.7	4:42	-2.0	6:58	4:39	
27	Thu	11:12	12.8	11:48	11.7	4:54	-1.0	5:30	-2.1	6:57	4:40	
28	Fri			12:06	12.7	5:48	-1.2	6:24	-2.0	6:56	4:41	
29	Sat	12:42	11.8	1:00	12.3	6:42	-1.1	7:12	-1.7	6:55	4:43	
30	Sun	1:30	11.7	1:54	11.7	7:36	-0.9	8:06	-1.1	6:54	4:44	
31	Mon	2:24	11.4	2:48	11.0	8:30	-0.5	8:54	-0.5	6:53	4:45	