US HARBORS www.USHarbors.com

Rockland, ME - Mar 2089

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:56	11.4	2:23	10.7	8:06	-0.5	8:26	0.0	6:11	5:25	
2	Wed	2:46	10.9	3:17	10.0	8:59	0.0	9:17	0.6	6:09	5:26	
3	Thu	3:39	10.4	4:15	9.4	9:54	0.5	10:11	1.2	6:08	5:28	
4	Fri	4:35	10.0	5:14	9.0	10:52	0.8	11:08	1.6	6:06	5:29	
5	Sat	5:34	9.7	6:14	8.8	11:52	1.1			6:04	5:30	
6	Sun	6:32	9.6	7:10	8.8	12:06	1.8	12:50	1.1	6:02	5:31	
7	Mon	7:27	9.7	8:02	9.0	1:03	1.7	1:43	1.0	6:01	5:33	
8	Tue	8:17	9.8	8:49	9.2	1:55	1.6	2:31	0.8	5:59	5:34	
9	Wed	9:03	10.0	9:32	9.5	2:43	1.3	3:15	0.7	5:57	5:35	
10	Thu	9:44	10.2	10:10	9.7	3:25	1.1	3:54	0.5	5:55	5:37	
11	Fri	10:21	10.3	10:44	9.9	4:05	0.8	4:30	0.3	5:53	5:38	
12	Sat	10:55	10.4	11:14	10.2	4:43	0.5	5:04	0.3	5:52	5:39	
13	Sun			12:28	10.4	6:20	0.3	6:39	0.2	6:50	6:40	
14	Mon	12:45	10.4	1:02	10.4	6:57	0.1	7:15	0.2	6:48	6:42	
15	Tue	1:19	10.6	1:41	10.4	7:37	0.0	7:53	0.3	6:46	6:43	
16	Wed	1:58	10.7	2:24	10.2	8:20	-0.1	8:36	0.4	6:44	6:44	
17	Thu	2:42	10.8	3:13	10.0	9:08	-0.1	9:24	0.6	6:43	6:45	
18	Fri	3:31	10.8	4:08	9.8	10:02	0.0	10:18	0.7	6:41	6:47	
19	Sat	4:28	10.7	5:10	9.7	11:01	0.0	11:19	0.8	6:39	6:48	
20	Sun	5:31	10.7	6:21	9.7			12:06	0.0	6:37	6:49	
21	Mon	6:42	10.8	7:33	10.0	12:26	0.8	1:12	-0.2	6:35	6:50	
22	Tue	7:53	11.0	8:38	10.4	1:34	0.5	2:17	-0.5	6:33	6:52	
23	Wed	8:59	11.4	9:37	10.9	2:39	0.1	3:17	-0.8	6:32	6:53	
24	Thu	9:59	11.7	10:31	11.4	3:39	-0.4	4:12	-1.1	6:30	6:54	
25	Fri	10:54	11.9	11:21	11.7	4:35	-0.9	5:03	-1.2	6:28	6:55	
26	Sat	11:45	11.9			5:28	-1.2	5:52	-1.2	6:26	6:56	
27	Sun	12:09	11.9	12:35	11.7	6:17	-1.3	6:39	-0.9	6:24	6:58	
28	Mon	12:55	11.8	1:23	11.3	7:06	-1.2	7:24	-0.5	6:22	6:59	
29	Tue	1:40	11.5	2:10	10.8	7:53	-0.9	8:09	0.0	6:21	7:00	
30	Wed	2:25	11.1	2:58	10.2	8:40	-0.4	8:54	0.6	6:19	7:01	
31	Thu	3:10	10.6	3:47	9.7	9:28	0.1	9:42	1.1	6:17	7:03	