US HARBORS www.USHarbors.com

Rockland, ME - Jul 2089

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:04	9.2	5:39	9.6	11:27	1.1			4:57	8:23	
2	Sat	5:59	9.1	6:31	9.9	12:01	1.4	12:18	1.1	4:58	8:23	
3	Sun	6:58	9.2	7:25	10.3	12:57	1.0	1:11	1.0	4:59	8:23	
4	Mon	7:58	9.4	8:19	10.8	1:54	0.6	2:05	0.8	4:59	8:22	
5	Tue	8:58	9.7	9:13	11.3	2:50	0.0	2:59	0.5	5:00	8:22	
6	Wed	9:55	10.1	10:07	11.8	3:44	-0.6	3:53	0.2	5:01	8:21	
7	Thu	10:49	10.5	11:01	12.3	4:37	-1.1	4:47	-0.2	5:01	8:21	
8	Fri	11:43	10.9	11:54	12.6	5:30	-1.6	5:40	-0.5	5:02	8:21	
9	Sat			12:36	11.2	6:22	-1.9	6:35	-0.8	5:03	8:20	
10	Sun	12:48	12.6	1:30	11.4	7:14	-2.0	7:30	-0.8	5:04	8:20	
11	Mon	1:43	12.5	2:24	11.5	8:06	-1.9	8:26	-0.8	5:04	8:19	
12	Tue	2:40	12.1	3:20	11.5	9:00	-1.6	9:25	-0.6	5:05	8:18	
13	Wed	3:39	11.6	4:18	11.4	9:55	-1.1	10:25	-0.4	5:06	8:18	
14	Thu	4:41	11.0	5:18	11.2	10:52	-0.6	11:28	-0.1	5:07	8:17	
15	Fri	5:45	10.5	6:18	11.0	11:51	-0.1			5:08	8:16	
16	Sat	6:49	10.0	7:17	10.9	12:32	0.0	12:50	0.3	5:09	8:16	
17	Sun	7:51	9.8	8:14	10.8	1:35	0.1	1:49	0.6	5:10	8:15	
18	Mon	8:49	9.6	9:08	10.8	2:34	0.2	2:45	0.9	5:11	8:14	
19	Tue	9:42	9.5	9:57	10.8	3:28	0.1	3:37	1.0	5:12	8:13	
20	Wed	10:32	9.5	10:43	10.7	4:18	0.1	4:24	1.1	5:13	8:12	
21	Thu	11:17	9.5	11:26	10.6	5:02	0.1	5:07	1.1	5:14	8:12	
22	Fri	11:59	9.5			5:43	0.1	5:46	1.1	5:15	8:11	
23	Sat	12:04	10.5	12:37	9.5	6:20	0.2	6:24	1.2	5:16	8:10	
24	Sun	12:39	10.4	1:12	9.4	6:55	0.3	7:00	1.2	5:17	8:09	
25	Mon	1:10	10.2	1:43	9.4	7:29	0.4	7:37	1.2	5:18	8:08	
26	Tue	1:41	10.1	2:12	9.5	8:04	0.5	8:15	1.2	5:19	8:07	
27	Wed	2:16	9.9	2:45	9.5	8:39	0.6	8:55	1.2	5:20	8:05	
28	Thu	2:55	9.7	3:24	9.6	9:17	0.8	9:39	1.2	5:21	8:04	
29	Fri	3:39	9.5	4:07	9.7	9:59	0.9	10:29	1.2	5:22	8:03	
30	Sat	4:28	9.3	4:56	9.9	10:46	1.0	11:23	1.0	5:23	8:02	
31	Sun	5:23	9.2	5:50	10.1	11:38	1.1			5:24	8:01	