US HARBORS www.USHarbors.com

Rockland, ME - Nov 2089

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:31	11.9	11:02	11.3	4:12	-0.8	4:45	-1.2	7:14	5:25	
2	Wed	11:20	12.1	11:52	11.1	5:01	-0.7	5:35	-1.4	7:15	5:24	
3	Thu			12:06	12.0	5:49	-0.5	6:23	-1.3	7:16	5:22	
4	Fri	12:41	10.9	12:52	11.7	6:35	-0.1	7:09	-1.0	7:18	5:21	
5	Sat	1:28	10.5	1:36	11.3	7:20	0.3	7:55	-0.7	7:19	5:20	
6	Sun	1:15	10.1	1:20	10.8	7:06	0.8	7:41	-0.2	6:20	4:19	
7	Mon	2:02	9.7	2:05	10.3	7:52	1.2	8:28	0.2	6:22	4:17	
8	Tue	2:51	9.3	2:53	9.8	8:41	1.6	9:17	0.6	6:23	4:16	
9	Wed	3:43	9.0	3:46	9.5	9:33	1.9	10:08	1.0	6:24	4:15	
10	Thu	4:36	8.9	4:43	9.2	10:28	2.0	11:01	1.1	6:26	4:14	
11	Fri	5:30	9.0	5:41	9.1	11:25	1.9	11:53	1.2	6:27	4:13	
12	Sat	6:21	9.1	6:36	9.1			12:20	1.7	6:28	4:12	
13	Sun	7:09	9.4	7:28	9.2	12:43	1.2	1:12	1.4	6:30	4:11	
14	Mon	7:53	9.8	8:15	9.4	1:30	1.1	2:00	1.0	6:31	4:10	
15	Tue	8:33	10.1	8:59	9.6	2:14	0.9	2:45	0.5	6:32	4:09	
16	Wed	9:11	10.5	9:40	9.8	2:56	0.8	3:28	0.1	6:34	4:08	
17	Thu	9:47	10.9	10:20	10.0	3:36	0.6	4:09	-0.3	6:35	4:07	
18	Fri	10:25	11.2	11:00	10.2	4:17	0.5	4:51	-0.6	6:36	4:06	
19	Sat	11:06	11.5	11:44	10.3	4:59	0.3	5:35	-0.9	6:37	4:05	
20	Sun	11:50	11.6			5:43	0.3	6:21	-1.0	6:39	4:05	
21	Mon	12:30	10.4	12:38	11.6	6:31	0.3	7:10	-1.1	6:40	4:04	
22	Tue	1:20	10.4	1:30	11.5	7:23	0.3	8:02	-1.0	6:41	4:03	
23	Wed	2:16	10.4	2:27	11.3	8:19	0.4	8:59	-0.8	6:42	4:03	
24	Thu	3:16	10.4	3:30	11.0	9:21	0.5	9:58	-0.6	6:44	4:02	
25	Fri	4:21	10.5	4:39	10.7	10:27	0.4	11:00	-0.4	6:45	4:01	
26	Sat	5:26	10.7	5:50	10.6	11:34	0.2			6:46	4:01	
27	Sun	6:29	11.0	6:57	10.6	12:02	-0.3	12:40	-0.1	6:47	4:00	
28	Mon	7:28	11.3	7:58	10.6	1:02	-0.3	1:42	-0.4	6:48	4:00	
29	Tue	8:23	11.6	8:55	10.6	1:59	-0.2	2:39	-0.7	6:49	3:59	
30	Wed	9:14	11.8	9:48	10.6	2:53	-0.2	3:32	-0.9	6:51	3:59	