US HARBORS www.USHarbors.com

Rockland, ME - Jan 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:14	11.0	11:49	9.8	4:56	0.8	5:31	-0.3	7:11	4:09	
2	Mon	11:52	10.8			5:36	1.0	6:10	-0.1	7:11	4:10	
3	Tue	12:28	9.6	12:28	10.5	6:15	1.1	6:47	0.1	7:11	4:10	
4	Wed	1:05	9.4	1:02	10.2	6:53	1.3	7:24	0.4	7:11	4:11	
5	Thu	1:40	9.3	1:37	9.9	7:33	1.4	8:02	0.6	7:10	4:12	
6	Fri	2:15	9.2	2:15	9.6	8:15	1.6	8:42	0.8	7:10	4:13	
7	Sat	2:53	9.2	2:59	9.3	9:00	1.7	9:25	1.1	7:10	4:15	
8	Sun	3:36	9.2	3:48	9.1	9:50	1.7	10:11	1.2	7:10	4:16	
9	Mon	4:23	9.3	4:42	8.9	10:44	1.6	11:01	1.4	7:10	4:17	
10	Tue	5:14	9.5	5:41	8.9	11:40	1.4	11:54	1.3	7:09	4:18	
11	Wed	6:08	9.8	6:42	9.0			12:37	1.0	7:09	4:19	
12	Thu	7:02	10.3	7:41	9.3	12:47	1.2	1:32	0.5	7:08	4:20	
13	Fri	7:56	10.8	8:37	9.7	1:41	0.9	2:26	-0.1	7:08	4:21	
14	Sat	8:48	11.4	9:29	10.2	2:34	0.5	3:17	-0.7	7:08	4:23	
15	Sun	9:39	11.9	10:20	10.6	3:26	0.1	4:08	-1.3	7:07	4:24	
16	Mon	10:30	12.3	11:10	11.1	4:17	-0.3	4:58	-1.7	7:06	4:25	
17	Tue	11:21	12.6			5:09	-0.6	5:47	-1.9	7:06	4:26	
18	Wed	12:01	11.4	12:14	12.6	6:02	-0.9	6:38	-2.0	7:05	4:28	
19	Thu	12:53	11.5	1:08	12.3	6:56	-0.9	7:30	-1.8	7:04	4:29	
20	Fri	1:46	11.6	2:04	11.9	7:52	-0.8	8:23	-1.4	7:04	4:30	
21	Sat	2:43	11.5	3:05	11.3	8:51	-0.6	9:19	-0.9	7:03	4:32	
22	Sun	3:42	11.3	4:09	10.7	9:53	-0.3	10:17	-0.4	7:02	4:33	
23	Mon	4:44	11.2	5:16	10.2	10:58	-0.1	11:19	0.1	7:01	4:34	
24	Tue	5:46	11.0	6:21	9.9			12:03	0.0	7:00	4:36	
25	Wed	6:47	10.9	7:23	9.7	12:21	0.5	1:07	0.1	7:00	4:37	
26	Thu	7:45	10.9	8:21	9.7	1:21	0.7	2:06	0.0	6:59	4:38	
27	Fri	8:38	10.9	9:13	9.7	2:17	0.8	2:59	0.0	6:58	4:40	
28	Sat	9:27	10.9	10:01	9.7	3:08	0.9	3:47	-0.1	6:57	4:41	
29	Sun	10:12	10.8	10:45	9.7	3:54	0.9	4:30	0.0	6:56	4:42	
30	Mon	10:54	10.7	11:25	9.7	4:36	0.9	5:09	0.0	6:55	4:44	
31	Tue	11:31	10.6			5:14	1.0	5:45	0.1	6:53	4:45	