US HARBORS www.USHarbors.com

Rockland, ME - Mar 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:07	10.4	11:30	9.8	4:50	0.8	5:15	0.3	6:11	5:25	
2	Thu	11:40	10.3			5:25	0.7	5:48	0.4	6:10	5:26	
3	Fri	12:00	9.8	12:09	10.1	6:00	0.7	6:20	0.5	6:08	5:27	
4	Sat	12:27	9.9	12:39	10.0	6:35	0.7	6:53	0.7	6:06	5:29	
5	Sun	12:56	9.9	1:14	9.8	7:12	0.7	7:28	0.8	6:04	5:30	
6	Mon	1:31	9.9	1:53	9.6	7:52	0.7	8:07	1.0	6:03	5:31	
7	Tue	2:12	10.0	2:39	9.4	8:37	0.8	8:52	1.2	6:01	5:32	
8	Wed	2:58	10.0	3:30	9.2	9:27	0.8	9:42	1.3	5:59	5:34	
9	Thu	3:51	10.0	4:29	9.2	10:24	0.7	10:40	1.3	5:57	5:35	
10	Fri	4:50	10.2	5:34	9.3	11:26	0.5	11:43	1.2	5:56	5:36	
11	Sat	5:54	10.4	6:42	9.6			12:30	0.2	5:54	5:37	
12	Sun	8:01	10.9	8:47	10.1	12:47	0.8	2:31	-0.3	6:52	6:39	
13	Mon	9:05	11.4	9:45	10.8	2:49	0.2	3:29	-0.9	6:50	6:40	
14	Tue	10:04	11.9	10:40	11.4	3:48	-0.4	4:24	-1.3	6:48	6:41	
15	Wed	11:00	12.3	11:31	11.9	4:44	-1.0	5:16	-1.7	6:47	6:43	
16	Thu	11:54	12.4			5:38	-1.5	6:06	-1.8	6:45	6:44	
17	Fri	12:21	12.3	12:47	12.4	6:30	-1.8	6:56	-1.7	6:43	6:45	
18	Sat	1:11	12.4	1:39	12.0	7:23	-1.8	7:46	-1.3	6:41	6:46	
19	Sun	2:02	12.2	2:33	11.5	8:16	-1.5	8:37	-0.8	6:39	6:48	
20	Mon	2:54	11.8	3:29	10.9	9:10	-1.1	9:30	-0.2	6:38	6:49	
21	Tue	3:49	11.3	4:27	10.3	10:07	-0.6	10:25	0.5	6:36	6:50	
22	Wed	4:47	10.8	5:29	9.7	11:06	0.0	11:25	1.0	6:34	6:51	
23	Thu	5:48	10.4	6:31	9.4			12:08	0.4	6:32	6:52	
24	Fri	6:50	10.0	7:31	9.3	12:27	1.3	1:09	0.7	6:30	6:54	
25	Sat	7:49	9.9	8:26	9.3	1:28	1.5	2:07	0.8	6:28	6:55	
26	Sun	8:44	9.9	9:17	9.4	2:25	1.4	3:00	0.7	6:27	6:56	
27	Mon	9:34	10.0	10:03	9.6	3:17	1.3	3:46	0.7	6:25	6:57	
28	Tue	10:20	10.1	10:45	9.8	4:03	1.0	4:28	0.6	6:23	6:59	
29	Wed	11:01	10.1	11:22	10.0	4:44	0.8	5:06	0.6	6:21	7:00	
30	Thu	11:39	10.1	11:56	10.1	5:22	0.6	5:41	0.6	6:19	7:01	
31	Fri			12:13	10.1	5:58	0.5	6:14	0.6	6:17	7:02	