US HARBORS www.USHarbors.com

Rockland, ME - Jul 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:52	11.9	2:34	10.9	8:21	-1.3	8:38	-0.1	4:57	8:23	
2	Sun	2:46	11.7	3:29	11.0	9:13	-1.2	9:35	-0.1	4:58	8:23	
3	Mon	3:44	11.3	4:27	11.0	10:08	-1.0	10:36	-0.1	4:58	8:23	
4	Tue	4:47	11.0	5:29	11.1	11:05	-0.7	11:41	-0.1	4:59	8:22	
5	Wed	5:54	10.6	6:31	11.2			12:05	-0.4	5:00	8:22	
6	Thu	7:03	10.3	7:33	11.3	12:46	-0.2	1:06	-0.1	5:00	8:22	
7	Fri	8:08	10.2	8:32	11.4	1:50	-0.3	2:06	0.1	5:01	8:21	
8	Sat	9:08	10.2	9:28	11.5	2:52	-0.5	3:04	0.2	5:02	8:21	
9	Sun	10:05	10.2	10:20	11.5	3:48	-0.6	3:59	0.3	5:03	8:20	
10	Mon	10:57	10.1	11:09	11.4	4:41	-0.7	4:49	0.4	5:03	8:20	
11	Tue	11:46	10.1	11:55	11.3	5:29	-0.6	5:37	0.6	5:04	8:19	
12	Wed			12:31	10.0	6:14	-0.5	6:20	0.7	5:05	8:19	
13	Thu	12:38	11.0	1:14	9.8	6:56	-0.3	7:02	0.9	5:06	8:18	
14	Fri	1:18	10.7	1:54	9.7	7:35	-0.1	7:42	1.1	5:07	8:17	
15	Sat	1:55	10.4	2:32	9.5	8:13	0.2	8:23	1.3	5:08	8:17	
16	Sun	2:32	10.0	3:08	9.4	8:51	0.5	9:04	1.4	5:09	8:16	
17	Mon	3:09	9.7	3:46	9.3	9:30	0.7	9:49	1.5	5:09	8:15	
18	Tue	3:50	9.4	4:26	9.3	10:12	1.0	10:37	1.6	5:10	8:14	
19	Wed	4:37	9.1	5:10	9.3	10:57	1.2	11:28	1.6	5:11	8:14	
20	Thu	5:28	8.9	5:59	9.4	11:45	1.4			5:12	8:13	
21	Fri	6:25	8.8	6:51	9.6	12:22	1.5	12:35	1.5	5:13	8:12	
22	Sat	7:23	8.8	7:43	9.9	1:18	1.2	1:28	1.4	5:14	8:11	
23	Sun	8:21	9.0	8:35	10.4	2:12	0.8	2:20	1.2	5:15	8:10	
24	Mon	9:16	9.3	9:26	10.9	3:05	0.4	3:12	0.9	5:16	8:09	
25	Tue	10:07	9.7	10:16	11.4	3:56	-0.2	4:03	0.5	5:17	8:08	
26	Wed	10:56	10.2	11:05	11.8	4:45	-0.7	4:53	0.1	5:18	8:07	
27	Thu	11:45	10.7	11:55	12.1	5:33	-1.2	5:44	-0.3	5:19	8:06	
28	Fri			12:33	11.1	6:21	-1.5	6:35	-0.6	5:21	8:05	
29	Sat	12:46	12.3	1:23	11.4	7:10	-1.7	7:27	-0.8	5:22	8:03	
30	Sun	1:38	12.2	2:15	11.5	8:01	-1.6	8:22	-0.9	5:23	8:02	
31	Mon	2:33	11.9	3:09	11.6	8:53	-1.4	9:19	-0.8	5:24	8:01	