US HARBORS www.USHarbors.com

Rockland, ME - Aug 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:31	11.5	4:07	11.5	9:47	-1.0	10:20	-0.6	5:25	8:00	
2	Wed	4:34	11.0	5:08	11.4	10:44	-0.6	11:23	-0.4	5:26	7:59	
3	Thu	5:40	10.5	6:11	11.2	11:45	-0.1			5:27	7:57	
4	Fri	6:47	10.1	7:14	11.1	12:29	-0.2	12:47	0.3	5:28	7:56	
5	Sat	7:52	9.9	8:15	11.1	1:34	-0.2	1:49	0.5	5:29	7:55	
6	Sun	8:52	9.9	9:11	11.1	2:35	-0.2	2:49	0.6	5:30	7:53	
7	Mon	9:48	9.9	10:04	11.1	3:32	-0.2	3:43	0.7	5:32	7:52	
8	Tue	10:38	9.9	10:52	11.0	4:23	-0.2	4:33	0.7	5:33	7:51	
9	Wed	11:25	9.9	11:36	10.9	5:10	-0.2	5:18	0.7	5:34	7:49	
10	Thu			12:07	9.9	5:51	-0.1	5:59	0.8	5:35	7:48	
11	Fri	12:16	10.7	12:46	9.8	6:30	0.0	6:37	0.8	5:36	7:46	
12	Sat	12:53	10.5	1:22	9.7	7:05	0.2	7:14	0.9	5:37	7:45	
13	Sun	1:27	10.2	1:54	9.6	7:40	0.4	7:51	1.0	5:38	7:43	
14	Mon	1:59	10.0	2:24	9.6	8:14	0.6	8:29	1.1	5:40	7:42	
15	Tue	2:33	9.7	2:57	9.5	8:50	0.9	9:10	1.2	5:41	7:40	
16	Wed	3:11	9.4	3:35	9.5	9:29	1.1	9:55	1.3	5:42	7:39	
17	Thu	3:55	9.2	4:19	9.5	10:12	1.3	10:44	1.3	5:43	7:37	
18	Fri	4:44	8.9	5:08	9.5	11:00	1.5	11:38	1.3	5:44	7:35	
19	Sat	5:40	8.8	6:02	9.7	11:52	1.6			5:45	7:34	
20	Sun	6:40	8.8	7:00	10.0	12:36	1.1	12:49	1.5	5:46	7:32	
21	Mon	7:43	9.1	8:00	10.4	1:35	0.7	1:47	1.2	5:48	7:30	
22	Tue	8:43	9.5	8:58	11.0	2:32	0.2	2:44	0.8	5:49	7:29	
23	Wed	9:39	10.1	9:53	11.5	3:26	-0.4	3:39	0.2	5:50	7:27	
24	Thu	10:31	10.7	10:46	12.0	4:19	-0.9	4:32	-0.4	5:51	7:25	
25	Fri	11:22	11.2	11:39	12.4	5:09	-1.4	5:25	-0.9	5:52	7:24	
26	Sat			12:11	11.7	5:59	-1.7	6:17	-1.3	5:53	7:22	
27	Sun	12:31	12.5	1:01	12.0	6:48	-1.8	7:10	-1.5	5:54	7:20	
28	Mon	1:24	12.3	1:53	12.1	7:39	-1.7	8:05	-1.5	5:55	7:19	
29	Tue	2:19	11.9	2:46	12.0	8:30	-1.3	9:01	-1.2	5:57	7:17	
30	Wed	3:17	11.4	3:43	11.7	9:25	-0.8	10:00	-0.9	5:58	7:15	
31	Thu	4:18	10.8	4:44	11.4	10:22	-0.2	11:03	-0.5	5:59	7:13	