US HARBORS www.USHarbors.com

Rockland, ME - Nov 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:31	9.5	7:49	9.6	1:07	0.7	1:33	1.4	7:13	5:25	
2	Thu	8:23	9.6	8:42	9.6	2:00	0.8	2:26	1.3	7:15	5:24	
3	Fri	9:09	9.8	9:30	9.7	2:48	0.8	3:15	1.0	7:16	5:23	
4	Sat	9:52	10.0	10:14	9.7	3:32	0.8	3:59	0.7	7:17	5:21	
5	Sun	9:31	10.2	9:55	9.7	3:12	0.8	3:39	0.5	6:19	4:20	
6	Mon	10:06	10.3	10:32	9.7	3:50	0.8	4:17	0.3	6:20	4:19	
7	Tue	10:38	10.4	11:07	9.7	4:25	0.9	4:53	0.1	6:21	4:18	
8	Wed	11:07	10.5	11:39	9.7	5:00	0.9	5:30	0.0	6:23	4:17	
9	Thu	11:39	10.6			5:36	1.0	6:07	0.0	6:24	4:15	
10	Fri	12:14	9.6	12:16	10.6	6:14	1.1	6:47	0.0	6:25	4:14	
11	Sat	12:53	9.6	12:58	10.6	6:55	1.1	7:31	0.0	6:27	4:13	
12	Sun	1:37	9.6	1:45	10.5	7:41	1.2	8:19	0.0	6:28	4:12	
13	Mon	2:27	9.6	2:37	10.5	8:33	1.2	9:12	0.0	6:29	4:11	
14	Tue	3:23	9.6	3:35	10.4	9:31	1.2	10:09	0.0	6:31	4:10	
15	Wed	4:24	9.9	4:40	10.4	10:34	1.0	11:10	-0.1	6:32	4:09	
16	Thu	5:29	10.2	5:49	10.5	11:40	0.6			6:33	4:08	
17	Fri	6:33	10.7	6:58	10.7	12:11	-0.2	12:45	0.0	6:35	4:07	
18	Sat	7:32	11.3	8:01	10.9	1:10	-0.5	1:46	-0.6	6:36	4:06	
19	Sun	8:28	11.9	9:00	11.2	2:07	-0.7	2:44	-1.1	6:37	4:06	
20	Mon	9:21	12.3	9:56	11.3	3:01	-0.8	3:39	-1.6	6:38	4:05	
21	Tue	10:12	12.5	10:49	11.3	3:54	-0.8	4:32	-1.8	6:40	4:04	
22	Wed	11:02	12.5	11:41	11.1	4:45	-0.7	5:23	-1.8	6:41	4:03	
23	Thu	11:51	12.2			5:35	-0.4	6:13	-1.6	6:42	4:03	
24	Fri	12:32	10.9	12:41	11.8	6:25	-0.1	7:03	-1.2	6:43	4:02	
25	Sat	1:23	10.5	1:30	11.3	7:15	0.4	7:53	-0.7	6:45	4:01	
26	Sun	2:15	10.1	2:22	10.7	8:06	0.8	8:43	-0.2	6:46	4:01	
27	Mon	3:08	9.7	3:15	10.2	9:00	1.2	9:35	0.3	6:47	4:00	
28	Tue	4:02	9.5	4:12	9.7	9:55	1.5	10:28	0.7	6:48	4:00	
29	Wed	4:56	9.4	5:09	9.4	10:53	1.7	11:21	1.0	6:49	3:59	
30	Thu	5:50	9.4	6:06	9.2	11:50	1.7			6:50	3:59	