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# Rockland, ME - Jan 2091

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | **7:28** | 9.8 | **8:00** | 8.9 | **1:03** | 1.5 | **1:44** | 1.1 | 7:11 | 4:08 | |
| 2 | Tue | **8:12** | 10.1 | **8:47** | 9.1 | **1:51** | 1.4 | **2:32** | 0.7 | 7:11 | 4:09 | |
| 3 | Wed | **8:54** | 10.4 | **9:31** | 9.4 | **2:36** | 1.2 | **3:16** | 0.2 | 7:11 | 4:10 | |
| 4 | Thu | **9:34** | 10.8 | **10:12** | 9.6 | **3:20** | 1.0 | **4:00** | -0.2 | 7:11 | 4:11 | |
| 5 | Fri | **10:14** | 11.1 | **10:53** | 9.9 | **4:03** | 0.8 | **4:42** | -0.5 | 7:11 | 4:12 | |
| 6 | Sat | **10:55** | 11.4 | **11:35** | 10.2 | **4:47** | 0.5 | **5:25** | -0.8 | 7:10 | 4:13 | |
| 7 | Sun | **11:39** | 11.6 | | | **5:31** | 0.3 | **6:09** | -1.1 | 7:10 | 4:14 | |
| 8 | Mon | **12:19** | 10.4 | **12:25** | 11.7 | **6:18** | 0.1 | **6:55** | -1.2 | 7:10 | 4:15 | |
| 9 | Tue | **1:05** | 10.6 | **1:15** | 11.6 | **7:08** | 0.0 | **7:43** | -1.1 | 7:10 | 4:16 | |
| 10 | Wed | **1:55** | 10.8 | **2:09** | 11.4 | **8:02** | 0.0 | **8:35** | -0.9 | 7:09 | 4:18 | |
| 11 | Thu | **2:50** | 10.9 | **3:07** | 11.0 | **9:00** | 0.0 | **9:30** | -0.7 | 7:09 | 4:19 | |
| 12 | Fri | **3:48** | 10.9 | **4:12** | 10.6 | **10:02** | 0.0 | **10:28** | -0.3 | 7:09 | 4:20 | |
| 13 | Sat | **4:51** | 11.0 | **5:22** | 10.3 | **11:08** | 0.0 | **11:30** | -0.1 | 7:08 | 4:21 | |
| 14 | Sun | **5:56** | 11.1 | **6:32** | 10.1 | | | **12:14** | -0.2 | 7:08 | 4:22 | |
| 15 | Mon | **6:59** | 11.3 | **7:37** | 10.1 | **12:32** | 0.1 | **1:19** | -0.4 | 7:07 | 4:24 | |
| 16 | Tue | **7:59** | 11.5 | **8:37** | 10.2 | **1:34** | 0.2 | **2:20** | -0.6 | 7:07 | 4:25 | |
| 17 | Wed | **8:55** | 11.6 | **9:33** | 10.3 | **2:32** | 0.2 | **3:16** | -0.8 | 7:06 | 4:26 | |
| 18 | Thu | **9:47** | 11.7 | **10:24** | 10.3 | **3:26** | 0.2 | **4:07** | -0.9 | 7:05 | 4:27 | |
| 19 | Fri | **10:36** | 11.6 | **11:12** | 10.3 | **4:16** | 0.3 | **4:55** | -0.8 | 7:05 | 4:29 | |
| 20 | Sat | **11:21** | 11.4 | **11:56** | 10.2 | **5:03** | 0.4 | **5:39** | -0.7 | 7:04 | 4:30 | |
| 21 | Sun | | | **12:04** | 11.1 | **5:47** | 0.5 | **6:20** | -0.4 | 7:03 | 4:31 | |
| 22 | Mon | **12:38** | 10.0 | **12:44** | 10.8 | **6:29** | 0.7 | **7:00** | -0.1 | 7:02 | 4:33 | |
| 23 | Tue | **1:18** | 9.8 | **1:22** | 10.3 | **7:10** | 0.9 | **7:38** | 0.2 | 7:02 | 4:34 | |
| 24 | Wed | **1:56** | 9.6 | **2:00** | 9.9 | **7:51** | 1.2 | **8:17** | 0.6 | 7:01 | 4:35 | |
| 25 | Thu | **2:34** | 9.5 | **2:40** | 9.5 | **8:35** | 1.4 | **8:58** | 0.9 | 7:00 | 4:37 | |
| 26 | Fri | **3:14** | 9.4 | **3:25** | 9.2 | **9:22** | 1.5 | **9:42** | 1.3 | 6:59 | 4:38 | |
| 27 | Sat | **3:57** | 9.3 | **4:16** | 8.8 | **10:12** | 1.6 | **10:30** | 1.5 | 6:58 | 4:39 | |
| 28 | Sun | **4:46** | 9.3 | **5:13** | 8.6 | **11:07** | 1.6 | **11:21** | 1.7 | 6:57 | 4:41 | |
| 29 | Mon | **5:39** | 9.4 | **6:14** | 8.6 | | | **12:04** | 1.5 | 6:56 | 4:42 | |
| 30 | Tue | **6:33** | 9.6 | **7:13** | 8.7 | **12:14** | 1.7 | **12:59** | 1.2 | 6:55 | 4:43 | |
| 31 | Wed | **7:25** | 9.9 | **8:07** | 9.0 | **1:08** | 1.6 | **1:53** | 0.7 | 6:54 | 4:45 | |