US HARBORS www.USHarbors.com

Rockland, ME - Jan 2093

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:27	11.1	1:38	12.1	7:22	-0.3	8:01	-1.5	7:11	4:09	
2	Fri	2:23	10.9	2:36	11.5	8:20	0.0	8:56	-1.0	7:11	4:10	
3	Sat	3:20	10.7	3:36	10.8	9:20	0.3	9:52	-0.4	7:11	4:11	
4	Sun	4:18	10.5	4:37	10.3	10:21	0.6	10:48	0.1	7:11	4:12	
5	Mon	5:15	10.4	5:39	9.8	11:23	0.8	11:45	0.6	7:10	4:13	
6	Tue	6:11	10.3	6:39	9.5			12:24	0.8	7:10	4:14	
7	Wed	7:05	10.3	7:35	9.3	12:40	0.9	1:21	0.8	7:10	4:15	
8	Thu	7:55	10.3	8:28	9.2	1:32	1.2	2:14	0.6	7:10	4:16	
9	Fri	8:43	10.3	9:16	9.2	2:21	1.3	3:02	0.5	7:09	4:17	
10	Sat	9:26	10.4	10:01	9.2	3:06	1.4	3:45	0.4	7:09	4:18	
11	Sun	10:07	10.4	10:42	9.2	3:48	1.4	4:25	0.3	7:09	4:19	
12	Mon	10:43	10.4	11:20	9.2	4:26	1.4	5:03	0.2	7:08	4:21	
13	Tue	11:17	10.4	11:54	9.2	5:03	1.4	5:39	0.2	7:08	4:22	
14	Wed	11:48	10.4			5:39	1.3	6:14	0.2	7:07	4:23	
15	Thu	12:26	9.3	12:20	10.4	6:16	1.3	6:49	0.2	7:07	4:24	
16	Fri	12:57	9.3	12:57	10.3	6:54	1.3	7:26	0.2	7:06	4:25	
17	Sat	1:33	9.4	1:37	10.2	7:36	1.3	8:06	0.3	7:06	4:27	
18	Sun	2:13	9.6	2:23	10.1	8:21	1.2	8:49	0.4	7:05	4:28	
19	Mon	2:58	9.8	3:14	9.9	9:12	1.1	9:37	0.5	7:04	4:29	
20	Tue	3:48	10.0	4:10	9.7	10:08	0.9	10:31	0.6	7:04	4:31	
21	Wed	4:44	10.3	5:13	9.6	11:10	0.6	11:28	0.6	7:03	4:32	
22	Thu	5:44	10.6	6:21	9.7			12:14	0.2	7:02	4:33	
23	Fri	6:46	11.0	7:30	9.9	12:29	0.6	1:18	-0.3	7:01	4:35	
24	Sat	7:49	11.5	8:35	10.2	1:31	0.4	2:19	-0.8	7:00	4:36	
25	Sun	8:49	12.0	9:35	10.6	2:31	0.1	3:18	-1.4	6:59	4:37	
26	Mon	9:47	12.4	10:30	10.9	3:28	-0.3	4:13	-1.7	6:58	4:39	
27	Tue	10:42	12.6	11:24	11.2	4:24	-0.5	5:06	-1.9	6:57	4:40	
28	Wed	11:36	12.6			5:18	-0.7	5:58	-1.9	6:56	4:41	
29	Thu	12:15	11.3	12:28	12.4	6:11	-0.7	6:48	-1.7	6:55	4:43	
30	Fri	1:06	11.2	1:20	11.9	7:04	-0.5	7:37	-1.2	6:54	4:44	
31	Sat	1:57	11.0	2:13	11.3	7:57	-0.2	8:27	-0.6	6:53	4:45	