US HARBORS www.USHarbors.com

Rockland, ME - Mar 2093

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:27	11.0	1:48	10.8	7:32	-0.3	7:55	-0.1	6:11	5:25	
2	Mon	2:13	10.7	2:37	10.2	8:21	0.1	8:41	0.5	6:09	5:26	
3	Tue	3:00	10.3	3:29	9.6	9:12	0.5	9:29	1.1	6:07	5:28	
4	Wed	3:49	9.9	4:24	9.0	10:05	0.9	10:20	1.6	6:06	5:29	
5	Thu	4:43	9.6	5:23	8.7	11:01	1.2	11:15	1.9	6:04	5:30	
6	Fri	5:40	9.4	6:23	8.6			12:00	1.3	6:02	5:31	
7	Sat	6:37	9.4	7:19	8.6	12:12	2.0	12:57	1.3	6:00	5:33	
8	Sun	8:31	9.5	9:11	8.8	1:08	2.0	2:50	1.1	6:59	6:34	
9	Mon	9:21	9.8	9:57	9.1	3:00	1.8	3:38	0.8	6:57	6:35	
10	Tue	10:06	10.0	10:39	9.4	3:47	1.5	4:21	0.6	6:55	6:37	
11	Wed	10:46	10.3	11:16	9.7	4:30	1.2	5:01	0.3	6:53	6:38	
12	Thu	11:23	10.5	11:50	10.0	5:10	0.8	5:38	0.1	6:52	6:39	
13	Fri	11:59	10.7			5:48	0.5	6:14	-0.1	6:50	6:40	
14	Sat	12:22	10.3	12:35	10.8	6:28	0.2	6:50	-0.1	6:48	6:42	
15	Sun	12:56	10.6	1:14	10.8	7:08	-0.1	7:29	-0.1	6:46	6:43	
16	Mon	1:34	10.8	1:57	10.7	7:51	-0.3	8:11	0.0	6:44	6:44	
17	Tue	2:17	11.0	2:45	10.5	8:39	-0.3	8:57	0.2	6:42	6:45	
18	Wed	3:04	11.0	3:38	10.2	9:31	-0.3	9:48	0.5	6:41	6:47	
19	Thu	3:57	10.9	4:38	9.9	10:28	-0.2	10:46	0.7	6:39	6:48	
20	Fri	4:58	10.8	5:47	9.7	11:32	-0.1	11:50	0.9	6:37	6:49	
21	Sat	6:06	10.8	7:01	9.7			12:40	-0.2	6:35	6:50	
22	Sun	7:19	10.9	8:11	9.9	12:59	0.8	1:47	-0.3	6:33	6:52	
23	Mon	8:28	11.1	9:13	10.3	2:07	0.6	2:51	-0.6	6:32	6:53	
24	Tue	9:31	11.4	10:08	10.8	3:10	0.2	3:49	-0.8	6:30	6:54	
25	Wed	10:27	11.6	11:00	11.1	4:08	-0.2	4:42	-1.0	6:28	6:55	
26	Thu	11:19	11.7	11:47	11.3	5:01	-0.5	5:30	-1.0	6:26	6:56	
27	Fri			12:08	11.6	5:51	-0.7	6:16	-0.8	6:24	6:58	
28	Sat	12:32	11.3	12:54	11.2	6:38	-0.7	6:59	-0.5	6:22	6:59	
29	Sun	1:15	11.2	1:39	10.8	7:23	-0.5	7:41	0.0	6:21	7:00	
30	Mon	1:56	10.9	2:23	10.3	8:06	-0.2	8:22	0.5	6:19	7:01	
31	Tue	2:36	10.5	3:07	9.8	8:50	0.1	9:04	1.0	6:17	7:03	