US HARBORS www.USHarbors.com

Rockland, ME - Jan 2095

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:37	9.4	7:06	8.7	12:14	1.6	12:54	1.4	7:11	4:08	
2	Sun	7:23	9.7	7:59	8.9	1:04	1.6	1:46	1.0	7:11	4:09	
3	Mon	8:08	10.1	8:48	9.1	1:51	1.5	2:35	0.5	7:11	4:10	
4	Tue	8:52	10.6	9:34	9.4	2:38	1.3	3:21	0.0	7:11	4:11	
5	Wed	9:36	11.0	10:20	9.7	3:24	1.1	4:07	-0.5	7:10	4:12	
6	Thu	10:21	11.4	11:05	10.0	4:10	0.8	4:53	-0.9	7:10	4:13	
7	Fri	11:07	11.8	11:52	10.2	4:57	0.5	5:40	-1.2	7:10	4:14	
8	Sat	11:56	11.9			5:46	0.3	6:28	-1.3	7:10	4:15	
9	Sun	12:40	10.4	12:46	11.9	6:37	0.1	7:17	-1.3	7:10	4:16	
10	Mon	1:31	10.6	1:40	11.7	7:30	0.1	8:08	-1.2	7:09	4:18	
11	Tue	2:24	10.7	2:37	11.3	8:28	0.1	9:02	-0.9	7:09	4:19	
12	Wed	3:21	10.8	3:40	10.9	9:29	0.1	9:59	-0.5	7:09	4:20	
13	Thu	4:21	10.9	4:47	10.4	10:33	0.1	10:58	-0.1	7:08	4:21	
14	Fri	5:23	11.0	5:55	10.0	11:40	0.1	11:59	0.2	7:08	4:22	
15	Sat	6:25	11.0	7:02	9.8			12:45	-0.1	7:07	4:24	
16	Sun	7:25	11.1	8:04	9.8	12:59	0.5	1:47	-0.2	7:07	4:25	
17	Mon	8:21	11.2	9:01	9.8	1:58	0.7	2:45	-0.4	7:06	4:26	
18	Tue	9:14	11.3	9:54	9.7	2:53	0.8	3:38	-0.4	7:05	4:27	
19	Wed	10:03	11.2	10:42	9.7	3:44	0.8	4:27	-0.4	7:05	4:29	
20	Thu	10:49	11.1	11:27	9.6	4:31	0.9	5:11	-0.3	7:04	4:30	
21	Fri	11:31	10.9			5:14	1.0	5:52	-0.2	7:03	4:31	
22	Sat	12:08	9.5	12:10	10.6	5:55	1.1	6:30	0.0	7:02	4:33	
23	Sun	12:47	9.4	12:47	10.3	6:34	1.3	7:07	0.3	7:02	4:34	
24	Mon	1:24	9.3	1:22	10.0	7:13	1.4	7:44	0.6	7:01	4:35	
25	Tue	1:58	9.2	1:59	9.7	7:53	1.5	8:21	0.9	7:00	4:37	
26	Wed	2:34	9.1	2:39	9.4	8:36	1.6	9:01	1.1	6:59	4:38	
27	Thu	3:12	9.1	3:24	9.0	9:23	1.7	9:44	1.4	6:58	4:39	
28	Fri	3:55	9.2	4:15	8.7	10:14	1.7	10:31	1.7	6:57	4:41	
29	Sat	4:43	9.2	5:12	8.5	11:09	1.6	11:22	1.8	6:56	4:42	
30	Sun	5:35	9.4	6:14	8.5			12:07	1.4	6:55	4:43	
31	Mon	6:30	9.7	7:15	8.7	12:16	1.8	1:04	1.0	6:54	4:45	