US HARBORS www.USHarbors.com

Rockland, ME - Jan 2097

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:53	10.6	1:01	12.0	6:45	0.1	7:27	-1.3	7:11	4:09	
2	Wed	1:47	10.5	1:56	11.5	7:40	0.3	8:19	-0.9	7:11	4:10	
3	Thu	2:41	10.3	2:52	10.9	8:37	0.6	9:12	-0.3	7:11	4:11	
4	Fri	3:35	10.2	3:50	10.2	9:35	0.9	10:04	0.2	7:11	4:12	
5	Sat	4:29	10.0	4:49	9.6	10:35	1.1	10:57	0.8	7:10	4:13	
6	Sun	5:24	9.9	5:48	9.2	11:34	1.2	11:51	1.2	7:10	4:14	
7	Mon	6:17	9.9	6:46	8.9			12:32	1.2	7:10	4:15	
8	Tue	7:08	9.9	7:42	8.8	12:43	1.5	1:27	1.1	7:10	4:16	
9	Wed	7:56	9.9	8:33	8.7	1:33	1.7	2:18	0.9	7:09	4:17	
10	Thu	8:42	10.0	9:20	8.8	2:21	1.8	3:05	0.7	7:09	4:18	
11	Fri	9:25	10.1	10:04	8.9	3:06	1.8	3:48	0.6	7:09	4:19	
12	Sat	10:05	10.2	10:45	8.9	3:47	1.7	4:29	0.4	7:08	4:21	
13	Sun	10:41	10.3	11:22	9.0	4:26	1.6	5:07	0.3	7:08	4:22	
14	Mon	11:15	10.4	11:56	9.1	5:04	1.6	5:43	0.2	7:07	4:23	
15	Tue	11:49	10.5			5:41	1.5	6:19	0.1	7:07	4:24	
16	Wed	12:29	9.2	12:25	10.5	6:19	1.4	6:55	0.1	7:06	4:25	
17	Thu	1:03	9.4	1:04	10.5	7:00	1.3	7:34	0.1	7:06	4:27	
18	Fri	1:41	9.6	1:48	10.3	7:44	1.1	8:15	0.2	7:05	4:28	
19	Sat	2:24	9.8	2:37	10.1	8:33	1.0	9:00	0.3	7:04	4:29	
20	Sun	3:11	10.0	3:31	9.9	9:28	0.9	9:50	0.5	7:03	4:31	
21	Mon	4:04	10.3	4:31	9.6	10:27	0.7	10:45	0.7	7:03	4:32	
22	Tue	5:01	10.5	5:39	9.4	11:31	0.4	11:46	0.8	7:02	4:33	
23	Wed	6:04	10.8	6:50	9.4			12:37	0.0	7:01	4:35	
24	Thu	7:08	11.2	7:59	9.6	12:48	0.8	1:42	-0.4	7:00	4:36	
25	Fri	8:12	11.6	9:02	9.9	1:51	0.7	2:44	-0.8	6:59	4:37	
26	Sat	9:13	11.9	10:00	10.3	2:52	0.4	3:42	-1.2	6:58	4:39	
27	Sun	10:09	12.2	10:54	10.5	3:50	0.1	4:37	-1.5	6:57	4:40	
28	Mon	11:03	12.3	11:45	10.7	4:45	-0.1	5:28	-1.5	6:56	4:41	
29	Tue	11:55	12.1			5:38	-0.2	6:17	-1.4	6:55	4:43	
30	Wed	12:34	10.7	12:45	11.7	6:29	-0.1	7:04	-1.0	6:54	4:44	
31	Thu	1:22	10.7	1:34	11.2	7:19	0.1	7:50	-0.5	6:53	4:45	