US HARBORS www.USHarbors.com

Rockland, ME - Aug 2100

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**8:16**	8.2	**8:23**	9.5	**1:58**	1.4	**2:00**	2.2	5:24	8:00	
2	Mon	**9:10**	8.4	**9:12**	9.8	**2:52**	1.2	**2:52**	2.1	5:26	7:59	
3	Tue	**9:58**	8.6	**9:58**	10.2	**3:41**	0.8	**3:41**	1.8	5:27	7:58	
4	Wed	**10:42**	8.9	**10:42**	10.6	**4:27**	0.5	**4:26**	1.5	5:28	7:57	
5	Thu	**11:23**	9.3	**11:23**	10.9	**5:09**	0.1	**5:10**	1.1	5:29	7:55	
6	Fri			**12:02**	9.7	**5:50**	-0.3	**5:54**	0.7	5:30	7:54	
7	Sat	**12:05**	11.2	**12:41**	10.1	**6:31**	-0.5	**6:39**	0.3	5:31	7:53	
8	Sun	**12:48**	11.3	**1:21**	10.5	**7:12**	-0.7	**7:26**	0.0	5:32	7:51	
9	Mon	**1:34**	11.3	**2:05**	10.8	**7:55**	-0.7	**8:15**	-0.2	5:33	7:50	
10	Tue	**2:22**	11.1	**2:51**	11.0	**8:40**	-0.5	**9:08**	-0.3	5:35	7:48	
11	Wed	**3:15**	10.7	**3:42**	11.1	**9:29**	-0.2	**10:04**	-0.2	5:36	7:47	
12	Thu	**4:13**	10.2	**4:38**	11.1	**10:22**	0.2	**11:06**	-0.1	5:37	7:45	
13	Fri	**5:18**	9.8	**5:41**	11.0	**11:21**	0.6			5:38	7:44	
14	Sat	**6:29**	9.4	**6:49**	10.9	**12:12**	-0.1	**12:25**	0.9	5:39	7:42	
15	Sun	**7:40**	9.3	**7:57**	11.0	**1:21**	-0.1	**1:31**	1.0	5:40	7:41	
16	Mon	**8:46**	9.4	**9:01**	11.2	**2:27**	-0.2	**2:37**	1.0	5:41	7:39	
17	Tue	**9:46**	9.6	**9:59**	11.3	**3:28**	-0.4	**3:37**	0.8	5:42	7:38	
18	Wed	**10:40**	9.9	**10:52**	11.3	**4:24**	-0.5	**4:33**	0.6	5:44	7:36	
19	Thu	**11:29**	10.1	**11:40**	11.3	**5:14**	-0.6	**5:23**	0.5	5:45	7:34	
20	Fri			**12:14**	10.1	**5:59**	-0.5	**6:09**	0.4	5:46	7:33	
21	Sat	**12:25**	11.1	**12:55**	10.1	**6:40**	-0.3	**6:52**	0.5	5:47	7:31	
22	Sun	**1:07**	10.7	**1:34**	10.1	**7:19**	0.0	**7:33**	0.6	5:48	7:30	
23	Mon	**1:46**	10.3	**2:10**	9.9	**7:55**	0.4	**8:13**	0.8	5:49	7:28	
24	Tue	**2:25**	9.8	**2:44**	9.7	**8:31**	0.9	**8:54**	1.0	5:50	7:26	
25	Wed	**3:03**	9.3	**3:19**	9.5	**9:09**	1.3	**9:37**	1.2	5:52	7:24	
26	Thu	**3:45**	8.9	**3:59**	9.3	**9:49**	1.7	**10:25**	1.4	5:53	7:23	
27	Fri	**4:33**	8.5	**4:45**	9.2	**10:34**	2.1	**11:18**	1.6	5:54	7:21	
28	Sat	**5:28**	8.2	**5:39**	9.1	**11:26**	2.4			5:55	7:19	
29	Sun	**6:31**	8.0	**6:39**	9.1	**12:16**	1.7	**12:22**	2.5	5:56	7:18	
30	Mon	**7:35**	8.1	**7:39**	9.4	**1:16**	1.5	**1:21**	2.4	5:57	7:16	
31	Tue	**8:32**	8.4	**8:35**	9.8	**2:13**	1.3	**2:17**	2.1	5:58	7:14	