US HARBORS www.USHarbors.com

Rockport, ME - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:19	11.7	9:09	10.0	2:00	0.5	2:52	-1.0	7:11	4:08	
2	Fri	9:18	12.1	10:07	10.3	2:59	0.3	3:50	-1.4	7:11	4:09	
3	Sat	10:15	12.3	11:02	10.5	3:56	0.1	4:44	-1.6	7:11	4:10	
4	Sun	11:09	12.4	11:55	10.6	4:51	0.0	5:37	-1.7	7:11	4:11	
5	Mon			12:03	12.2	5:46	-0.1	6:28	-1.5	7:11	4:12	
6	Tue	12:46	10.6	12:55	11.8	6:39	0.0	7:18	-1.2	7:11	4:13	
7	Wed	1:37	10.5	1:47	11.3	7:32	0.2	8:07	-0.7	7:11	4:14	
8	Thu	2:27	10.4	2:40	10.6	8:26	0.5	8:56	-0.1	7:10	4:15	
9	Fri	3:18	10.2	3:34	10.0	9:21	0.8	9:45	0.5	7:10	4:16	
10	Sat	4:09	10.0	4:31	9.4	10:17	1.1	10:35	1.0	7:10	4:17	
11	Sun	5:02	9.8	5:30	8.9	11:15	1.3	11:27	1.5	7:09	4:18	
12	Mon	5:54	9.7	6:28	8.6			12:13	1.3	7:09	4:19	
13	Tue	6:47	9.7	7:25	8.5	12:20	1.8	1:09	1.2	7:09	4:21	
14	Wed	7:38	9.7	8:18	8.5	1:13	2.0	2:02	1.1	7:08	4:22	
15	Thu	8:26	9.9	9:06	8.6	2:03	2.0	2:50	0.9	7:08	4:23	
16	Fri	9:10	10.0	9:51	8.7	2:50	1.9	3:35	0.7	7:07	4:24	
17	Sat	9:51	10.2	10:31	8.9	3:33	1.8	4:16	0.5	7:06	4:25	
18	Sun	10:29	10.4	11:08	9.1	4:13	1.6	4:54	0.3	7:06	4:27	
19	Mon	11:04	10.5	11:42	9.2	4:52	1.4	5:30	0.1	7:05	4:28	
20	Tue	11:38	10.6			5:30	1.2	6:06	0.0	7:04	4:29	
21	Wed	12:15	9.5	12:15	10.7	6:09	1.1	6:42	-0.1	7:04	4:31	
22	Thu	12:50	9.7	12:55	10.6	6:50	0.9	7:20	0.0	7:03	4:32	
23	Fri	1:28	10.0	1:39	10.4	7:35	0.7	8:01	0.1	7:02	4:33	
24	Sat	2:11	10.2	2:28	10.2	8:24	0.6	8:47	0.3	7:01	4:35	
25	Sun	2:58	10.4	3:23	9.8	9:19	0.5	9:37	0.6	7:00	4:36	
26	Mon	3:51	10.5	4:24	9.5	10:19	0.4	10:34	0.8	6:59	4:37	
27	Tue	4:51	10.7	5:34	9.3	11:25	0.3	11:37	1.0	6:58	4:39	
28	Wed	5:56	10.8	6:48	9.3			12:33	0.0	6:57	4:40	
29	Thu	7:05	11.1	7:58	9.5	12:42	1.0	1:39	-0.3	6:56	4:41	
30	Fri	8:10	11.5	9:00	9.8	1:48	0.8	2:42	-0.7	6:55	4:43	
31	Sat	9:11	11.8	9:56	10.2	2:50	0.5	3:39	-1.1	6:54	4:44	