US HARBORS www.USHarbors.com

Rockport, ME - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:47	11.7	8:33	10.2	1:25	0.3	2:16	-0.9	7:11	4:08	
2	Wed	8:47	12.0	9:32	10.4	2:25	0.1	3:14	-1.3	7:11	4:09	
3	Thu	9:44	12.3	10:27	10.7	3:23	-0.1	4:09	-1.5	7:11	4:10	
4	Fri	10:38	12.4	11:19	10.8	4:18	-0.2	5:02	-1.6	7:11	4:11	
5	Sat	11:30	12.3			5:12	-0.3	5:52	-1.5	7:11	4:12	
6	Sun	12:10	10.8	12:20	12.0	6:03	-0.2	6:40	-1.3	7:11	4:13	
7	Mon	12:58	10.7	1:09	11.5	6:54	0.0	7:27	-0.8	7:11	4:14	
8	Tue	1:47	10.6	1:58	10.9	7:44	0.3	8:13	-0.3	7:10	4:15	
9	Wed	2:34	10.3	2:48	10.2	8:34	0.7	8:59	0.2	7:10	4:16	
10	Thu	3:23	10.0	3:40	9.6	9:27	1.0	9:47	0.8	7:10	4:17	
11	Fri	4:13	9.8	4:35	9.1	10:21	1.2	10:37	1.3	7:09	4:18	
12	Sat	5:04	9.6	5:33	8.7	11:17	1.4	11:28	1.6	7:09	4:19	
13	Sun	5:57	9.6	6:31	8.5			12:14	1.4	7:09	4:21	
14	Mon	6:50	9.6	7:27	8.5	12:21	1.8	1:09	1.3	7:08	4:22	
15	Tue	7:40	9.8	8:18	8.6	1:14	1.9	2:01	1.0	7:08	4:23	
16	Wed	8:27	10.0	9:06	8.8	2:03	1.8	2:49	0.8	7:07	4:24	
17	Thu	9:11	10.2	9:49	9.0	2:50	1.6	3:33	0.5	7:06	4:26	
18	Fri	9:50	10.5	10:28	9.3	3:33	1.4	4:13	0.2	7:06	4:27	
19	Sat	10:27	10.7	11:04	9.5	4:14	1.2	4:51	-0.1	7:05	4:28	
20	Sun	11:03	10.9	11:38	9.8	4:53	0.9	5:28	-0.3	7:04	4:29	
21	Mon	11:41	11.0			5:34	0.7	6:06	-0.4	7:04	4:31	
22	Tue	12:14	10.1	12:21	11.0	6:16	0.4	6:46	-0.5	7:03	4:32	
23	Wed	12:53	10.4	1:05	10.9	7:01	0.2	7:28	-0.4	7:02	4:33	
24	Thu	1:36	10.6	1:53	10.7	7:49	0.1	8:13	-0.2	7:01	4:35	
25	Fri	2:24	10.8	2:47	10.4	8:43	0.1	9:04	0.0	7:00	4:36	
26	Sat	3:17	10.9	3:46	10.0	9:41	0.1	9:59	0.3	6:59	4:37	
27	Sun	4:16	10.9	4:54	9.7	10:45	0.1	11:01	0.5	6:58	4:39	
28	Mon	5:21	11.0	6:08	9.6	11:53	-0.1			6:57	4:40	
29	Tue	6:30	11.1	7:19	9.7	12:06	0.7	1:00	-0.3	6:56	4:41	
30	Wed	7:37	11.4	8:23	10.0	1:12	0.6	2:04	-0.6	6:55	4:43	
31	Thu	8:39	11.7	9:21	10.3	2:15	0.4	3:03	-0.9	6:54	4:44	