US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:23	7.8	8:58	7.0	1:56	0.7	2:40	0.2	7:14	4:18	
2	Tue	9:13	7.9	9:48	7.1	2:48	0.8	3:30	0.1	7:14	4:19	
3	Wed	9:58	8.0	10:33	7.1	3:35	0.7	4:14	0.0	7:14	4:20	
4	Thu	10:39	8.0	11:14	7.2	4:17	0.7	4:55	-0.1	7:14	4:20	
5	Fri	11:19	8.1	11:53	7.2	4:57	0.7	5:32	-0.1	7:14	4:21	
6	Sat	11:56	8.1			5:33	0.6	6:07	-0.1	7:14	4:22	
7	Sun	12:29	7.2	12:31	8.0	6:09	0.6	6:40	-0.1	7:14	4:23	
8	Mon	1:04	7.3	1:06	7.9	6:44	0.6	7:14	0.0	7:14	4:24	
9	Tue	1:38	7.3	1:41	7.8	7:21	0.7	7:48	0.0	7:14	4:26	
10	Wed	2:13	7.3	2:18	7.6	8:00	0.7	8:25	0.1	7:13	4:27	
11	Thu	2:50	7.3	3:00	7.4	8:42	0.7	9:06	0.2	7:13	4:28	
12	Fri	3:31	7.3	3:46	7.2	9:29	0.7	9:51	0.4	7:13	4:29	
13	Sat	4:17	7.4	4:38	7.1	10:20	0.7	10:40	0.4	7:12	4:30	
14	Sun	5:07	7.6	5:35	7.0	11:16	0.5	11:33	0.5	7:12	4:31	
15	Mon	6:03	7.8	6:38	7.0			12:17	0.3	7:11	4:32	
16	Tue	7:02	8.1	7:43	7.2	12:32	0.4	1:21	0.0	7:11	4:33	
17	Wed	8:04	8.5	8:46	7.5	1:34	0.2	2:23	-0.4	7:10	4:35	
18	Thu	9:03	8.9	9:45	7.9	2:35	-0.1	3:21	-0.9	7:10	4:36	
19	Fri	10:00	9.3	10:41	8.2	3:33	-0.4	4:17	-1.3	7:09	4:37	
20	Sat	10:55	9.5	11:35	8.5	4:29	-0.8	5:10	-1.6	7:09	4:38	
21	Sun	11:50	9.6			5:24	-1.0	6:02	-1.7	7:08	4:40	
22	Mon	12:27	8.7	12:43	9.5	6:18	-1.1	6:53	-1.7	7:07	4:41	
23	Tue	1:18	8.8	1:35	9.3	7:11	-1.0	7:43	-1.4	7:06	4:42	
24	Wed	2:10	8.7	2:29	8.8	8:05	-0.8	8:34	-1.0	7:06	4:43	
25	Thu	3:03	8.4	3:25	8.2	9:02	-0.4	9:28	-0.5	7:05	4:45	
26	Fri	3:58	8.2	4:24	7.7	10:01	-0.1	10:23	0.1	7:04	4:46	
27	Sat	4:54	7.9	5:25	7.2	11:02	0.3	11:20	0.5	7:03	4:47	
28	Sun	5:52	7.6	6:27	6.8			12:06	0.5	7:02	4:49	
29	Mon	6:51	7.5	7:30	6.6	12:20	0.9	1:10	0.6	7:01	4:50	
30	Tue	7:50	7.4	8:29	6.6	1:21	1.1	2:11	0.6	7:00	4:51	
31	Wed	8:44	7.5	9:21	6.7	2:19	1.1	3:03	0.4	6:59	4:53	