US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:29	7.0	4:42	6.8	10:23	1.2	10:43	0.8	7:14	4:18	
2	Thu	5:15	7.0	5:35	6.7	11:15	1.2	11:32	0.9	7:14	4:19	
3	Fri	6:05	7.2	6:32	6.6			12:11	1.0	7:14	4:20	
4	Sat	6:57	7.4	7:31	6.7	12:25	0.9	1:09	0.8	7:14	4:21	
5	Sun	7:50	7.7	8:28	6.9	1:20	0.8	2:05	0.3	7:14	4:22	
6	Mon	8:42	8.2	9:21	7.3	2:14	0.6	2:58	-0.2	7:14	4:23	
7	Tue	9:33	8.6	10:12	7.7	3:06	0.2	3:49	-0.7	7:14	4:24	
8	Wed	10:23	9.0	11:02	8.0	3:57	-0.2	4:39	-1.1	7:14	4:25	
9	Thu	11:13	9.4	11:53	8.3	4:48	-0.5	5:28	-1.4	7:13	4:26	
10	Fri			12:05	9.5	5:40	-0.7	6:18	-1.6	7:13	4:27	
11	Sat	12:43	8.5	12:56	9.5	6:32	-0.9	7:08	-1.6	7:13	4:29	
12	Sun	1:34	8.6	1:49	9.3	7:25	-0.8	8:00	-1.4	7:12	4:30	
13	Mon	2:27	8.6	2:45	8.9	8:21	-0.7	8:53	-1.1	7:12	4:31	
14	Tue	3:23	8.5	3:45	8.4	9:21	-0.5	9:50	-0.7	7:12	4:32	
15	Wed	4:22	8.3	4:48	7.9	10:24	-0.2	10:49	-0.3	7:11	4:33	
16	Thu	5:22	8.2	5:53	7.5	11:29	0.0	11:50	0.2	7:11	4:34	
17	Fri	6:24	8.0	7:00	7.2			12:37	0.1	7:10	4:36	
18	Sat	7:26	8.0	8:05	7.1	12:54	0.4	1:43	0.1	7:09	4:37	
19	Sun	8:25	8.0	9:04	7.1	1:57	0.6	2:44	0.0	7:09	4:38	
20	Mon	9:19	8.0	9:56	7.2	2:53	0.6	3:36	-0.1	7:08	4:39	
21	Tue	10:07	8.1	10:42	7.2	3:43	0.5	4:23	-0.2	7:07	4:41	
22	Wed	10:51	8.1	11:25	7.3	4:28	0.5	5:05	-0.3	7:07	4:42	
23	Thu	11:31	8.1			5:09	0.5	5:43	-0.2	7:06	4:43	
24	Fri	12:04	7.4	12:09	8.1	5:48	0.4	6:19	-0.2	7:05	4:44	
25	Sat	12:40	7.4	12:45	8.0	6:24	0.5	6:52	-0.1	7:04	4:46	
26	Sun	1:14	7.4	1:20	7.8	6:59	0.5	7:25	0.0	7:03	4:47	
27	Mon	1:48	7.3	1:56	7.6	7:36	0.6	7:59	0.1	7:02	4:48	
28	Tue	2:23	7.3	2:33	7.4	8:14	0.6	8:35	0.3	7:01	4:50	
29	Wed	3:00	7.3	3:14	7.1	8:56	0.7	9:15	0.5	7:00	4:51	
30	Thu	3:41	7.2	4:00	6.9	9:41	0.8	9:59	0.7	6:59	4:52	
31	Fri	4:26	7.2	4:51	6.7	10:32	0.8	10:47	0.8	6:58	4:54	