US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:59	7.3	7:31	6.6	12:28	1.0	1:14	0.9	7:14	4:18	
2	Fri	7:51	7.4	8:28	6.5	1:23	1.2	2:11	0.7	7:14	4:19	
3	Sat	8:40	7.5	9:18	6.6	2:15	1.3	3:01	0.5	7:14	4:20	
4	Sun	9:25	7.6	10:04	6.6	3:02	1.3	3:46	0.4	7:14	4:21	
5	Mon	10:07	7.7	10:47	6.7	3:45	1.2	4:27	0.2	7:14	4:21	
6	Tue	10:47	7.8	11:27	6.8	4:24	1.1	5:06	0.1	7:14	4:22	
7	Wed	11:25	7.9			5:02	1.0	5:43	0.0	7:14	4:23	
8	Thu	12:05	6.9	12:02	8.0	5:39	0.9	6:18	-0.1	7:14	4:24	
9	Fri	12:41	6.9	12:39	8.0	6:16	0.9	6:53	-0.1	7:14	4:26	
10	Sat	1:17	7.0	1:15	8.0	6:54	0.8	7:29	-0.1	7:13	4:27	
11	Sun	1:53	7.1	1:54	8.0	7:34	0.7	8:07	-0.1	7:13	4:28	
12	Mon	2:31	7.2	2:37	7.8	8:18	0.6	8:48	-0.1	7:13	4:29	
13	Tue	3:13	7.4	3:24	7.6	9:06	0.6	9:33	0.0	7:12	4:30	
14	Wed	3:59	7.5	4:18	7.4	9:59	0.5	10:22	0.2	7:12	4:31	
15	Thu	4:50	7.7	5:16	7.2	10:57	0.4	11:15	0.3	7:11	4:32	
16	Fri	5:44	7.9	6:20	7.0	11:59	0.2			7:11	4:34	
17	Sat	6:44	8.1	7:28	7.0	12:14	0.5	1:05	0.0	7:10	4:35	
18	Sun	7:47	8.3	8:35	7.1	1:17	0.5	2:11	-0.3	7:10	4:36	
19	Mon	8:49	8.6	9:37	7.3	2:20	0.4	3:13	-0.6	7:09	4:37	
20	Tue	9:48	8.9	10:34	7.6	3:20	0.2	4:10	-0.9	7:09	4:38	
21	Wed	10:44	9.1	11:29	7.8	4:17	-0.1	5:05	-1.1	7:08	4:40	
22	Thu	11:39	9.2			5:12	-0.2	5:57	-1.2	7:07	4:41	
23	Fri	12:21	7.9	12:31	9.1	6:05	-0.3	6:46	-1.1	7:06	4:42	
24	Sat	1:10	7.9	1:21	8.8	6:57	-0.2	7:34	-0.9	7:06	4:44	
25	Sun	1:58	7.9	2:11	8.4	7:47	-0.1	8:20	-0.5	7:05	4:45	
26	Mon	2:46	7.7	3:01	7.9	8:39	0.2	9:07	0.0	7:04	4:46	
27	Tue	3:35	7.6	3:54	7.3	9:33	0.5	9:55	0.4	7:03	4:47	
28	Wed	4:24	7.4	4:49	6.8	10:29	0.7	10:44	0.9	7:02	4:49	
29	Thu	5:15	7.2	5:46	6.4	11:26	0.9	11:36	1.3	7:01	4:50	
30	Fri	6:07	7.1	6:47	6.2			12:26	1.0	7:00	4:51	
31	Sat	7:03	7.0	7:48	6.1	12:32	1.5	1:28	1.0	6:59	4:53	