US HARBORS www.USHarbors.com

Atlantic Heights, NH - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**7:13**	6.8	**8:05**	6.0	**12:42**	1.9	**1:41**	1.1	6:17	5:32	
2	Tue	**8:12**	7.0	**8:58**	6.3	**1:44**	1.7	**2:37**	0.9	6:16	5:33	
3	Wed	**9:04**	7.3	**9:44**	6.6	**2:39**	1.5	**3:24**	0.6	6:14	5:35	
4	Thu	**9:50**	7.6	**10:25**	6.9	**3:25**	1.1	**4:04**	0.3	6:12	5:36	
5	Fri	**10:32**	7.9	**11:03**	7.3	**4:07**	0.7	**4:41**	-0.1	6:11	5:37	
6	Sat	**11:12**	8.2	**11:40**	7.7	**4:48**	0.3	**5:18**	-0.3	6:09	5:38	
7	Sun	**11:51**	8.4			**5:28**	-0.1	**5:54**	-0.5	6:07	5:40	
8	Mon	**12:16**	8.1	**12:32**	8.4	**6:09**	-0.4	**6:32**	-0.6	6:06	5:41	
9	Tue	**12:53**	8.4	**1:13**	8.4	**6:52**	-0.6	**7:11**	-0.5	6:04	5:42	
10	Wed	**1:32**	8.5	**1:58**	8.1	**7:37**	-0.7	**7:54**	-0.4	6:02	5:43	
11	Thu	**2:15**	8.6	**2:47**	7.8	**8:25**	-0.6	**8:41**	0.0	6:00	5:44	
12	Fri	**3:03**	8.5	**3:43**	7.4	**9:19**	-0.4	**9:34**	0.3	5:59	5:46	
13	Sat	**3:59**	8.2	**4:46**	7.0	**10:19**	-0.2	**10:33**	0.7	5:57	5:47	
14	Sun	**5:01**	8.0	**5:55**	6.8	**11:25**	0.1	**11:40**	1.0	5:55	5:48	
15	Mon	**6:11**	7.8	**7:09**	6.7			**12:38**	0.2	5:53	5:49	
16	Tue	**7:25**	7.8	**8:19**	6.9	**12:53**	1.0	**1:51**	0.1	5:52	5:50	
17	Wed	**8:35**	8.0	**9:20**	7.3	**2:06**	0.8	**2:55**	-0.1	5:50	5:52	
18	Thu	**9:35**	8.2	**10:12**	7.6	**3:09**	0.5	**3:49**	-0.3	5:48	5:53	
19	Fri	**10:28**	8.4	**11:00**	7.9	**4:04**	0.1	**4:37**	-0.5	5:46	5:54	
20	Sat	**11:16**	8.4	**11:42**	8.1	**4:53**	-0.2	**5:21**	-0.5	5:45	5:55	
21	Sun			**12:01**	8.3	**5:39**	-0.3	**6:01**	-0.3	5:43	5:56	
22	Mon	**12:22**	8.2	**12:43**	8.1	**6:21**	-0.4	**6:38**	-0.1	5:41	5:58	
23	Tue	**12:59**	8.2	**1:23**	7.8	**7:02**	-0.3	**7:15**	0.2	5:39	5:59	
24	Wed	**1:35**	8.0	**2:04**	7.4	**7:42**	-0.1	**7:51**	0.6	5:37	6:00	
25	Thu	**2:11**	7.8	**2:46**	7.0	**8:23**	0.2	**8:30**	1.0	5:36	6:01	
26	Fri	**2:51**	7.5	**3:31**	6.7	**9:06**	0.5	**9:13**	1.4	5:34	6:02	
27	Sat	**3:35**	7.2	**4:22**	6.3	**9:54**	0.8	**10:01**	1.7	5:32	6:03	
28	Sun	**4:26**	7.0	**5:18**	6.1	**10:48**	1.1	**10:55**	1.9	5:30	6:05	
29	Mon	**5:23**	6.8	**6:18**	6.0	**11:46**	1.2	**11:54**	1.9	5:29	6:06	
30	Tue	**6:24**	6.8	**7:19**	6.1			**12:48**	1.2	5:27	6:07	
31	Wed	**7:26**	6.9	**8:14**	6.4	**12:57**	1.8	**1:47**	1.0	5:25	6:08	