US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jul 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:13	7.7	11:23	9.4	4:50	-0.8	4:56	0.1	5:07	8:26	
2	Fri			12:11	7.9	5:46	-1.1	5:53	0.0	5:08	8:26	
3	Sat	12:19	9.5	1:07	8.0	6:42	-1.2	6:49	-0.1	5:08	8:25	
4	Sun	1:16	9.5	2:03	8.1	7:37	-1.2	7:45	0.0	5:09	8:25	
5	Mon	2:12	9.4	2:57	8.1	8:30	-1.1	8:42	0.1	5:10	8:25	
6	Tue	3:07	9.0	3:52	8.0	9:24	-0.8	9:40	0.3	5:10	8:25	
7	Wed	4:04	8.6	4:48	7.9	10:18	-0.4	10:41	0.5	5:11	8:24	
8	Thu	5:03	8.1	5:43	7.9	11:12	0.0	11:42	0.6	5:12	8:24	
9	Fri	6:03	7.6	6:38	7.8			12:06	0.4	5:12	8:23	
10	Sat	7:02	7.2	7:31	7.7	12:43	0.8	12:59	0.8	5:13	8:23	
11	Sun	8:03	6.8	8:25	7.7	1:45	0.8	1:54	1.1	5:14	8:22	
12	Mon	9:02	6.7	9:17	7.7	2:45	0.8	2:49	1.4	5:15	8:22	
13	Tue	9:57	6.6	10:06	7.7	3:40	0.7	3:41	1.4	5:16	8:21	
14	Wed	10:47	6.6	10:51	7.8	4:30	0.6	4:27	1.4	5:16	8:21	
15	Thu	11:33	6.7	11:34	7.9	5:14	0.5	5:10	1.4	5:17	8:20	
16	Fri			12:16	6.8	5:56	0.4	5:51	1.3	5:18	8:19	
17	Sat	12:15	7.9	12:56	6.9	6:35	0.3	6:29	1.2	5:19	8:19	
18	Sun	12:53	8.0	1:34	6.9	7:11	0.2	7:07	1.2	5:20	8:18	
19	Mon	1:30	8.0	2:09	7.0	7:45	0.2	7:44	1.1	5:21	8:17	
20	Tue	2:07	8.0	2:44	7.1	8:20	0.1	8:23	1.0	5:22	8:16	
21	Wed	2:43	8.0	3:20	7.3	8:55	0.1	9:04	0.9	5:23	8:15	
22	Thu	3:23	7.9	3:58	7.5	9:32	0.2	9:49	0.8	5:24	8:14	
23	Fri	4:06	7.7	4:39	7.7	10:13	0.2	10:37	0.7	5:25	8:13	
24	Sat	4:54	7.5	5:24	7.9	10:58	0.3	11:30	0.6	5:26	8:13	
25	Sun	5:47	7.3	6:14	8.1	11:46	0.4			5:27	8:12	
26	Mon	6:45	7.2	7:08	8.2	12:26	0.4	12:39	0.6	5:28	8:11	
27	Tue	7:48	7.1	8:08	8.4	1:27	0.3	1:38	0.6	5:29	8:10	
28	Wed	8:54	7.1	9:11	8.7	2:32	0.0	2:41	0.6	5:30	8:08	
29	Thu	9:59	7.3	10:12	9.0	3:36	-0.3	3:43	0.4	5:31	8:07	
30	Fri	10:59	7.5	11:11	9.2	4:37	-0.6	4:43	0.2	5:32	8:06	
31	Sat	11:57	7.8			5:34	-0.9	5:40	0.0	5:33	8:05	