US HARBORS www.USHarbors.com

Atlantic Heights, NH - Mar 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:55	7.9	10:31	7.1	3:31	0.8	4:11	0.0	6:19	5:31	
2	Fri	10:42	8.0	11:13	7.4	4:20	0.5	4:54	-0.1	6:17	5:32	
3	Sat	11:25	8.0	11:51	7.5	5:03	0.4	5:31	-0.1	6:15	5:34	
4	Sun			12:03	7.9	5:43	0.3	6:05	0.0	6:14	5:35	
5	Mon	12:25	7.6	12:39	7.7	6:19	0.2	6:37	0.2	6:12	5:36	
6	Tue	12:57	7.7	1:14	7.5	6:54	0.2	7:07	0.4	6:10	5:37	
7	Wed	1:28	7.6	1:49	7.3	7:29	0.3	7:39	0.6	6:09	5:39	
8	Thu	2:00	7.5	2:26	7.0	8:05	0.4	8:14	0.9	6:07	5:40	
9	Fri	2:34	7.4	3:06	6.6	8:44	0.6	8:52	1.2	6:05	5:41	
10	Sat	3:13	7.2	3:52	6.3	9:29	0.8	9:36	1.4	6:03	5:42	
11	Sun	4:59	7.1	5:44	6.1	11:19	1.0	11:26	1.6	7:02	6:44	
12	Mon	5:52	7.0	6:42	6.0			12:15	1.1	7:00	6:45	
13	Tue	6:52	7.0	7:46	6.0	12:23	1.7	1:17	1.0	6:58	6:46	
14	Wed	7:57	7.2	8:50	6.3	1:25	1.6	2:22	0.8	6:56	6:47	
15	Thu	9:00	7.6	9:46	6.8	2:30	1.2	3:21	0.4	6:55	6:48	
16	Fri	9:58	8.1	10:35	7.5	3:31	0.7	4:12	-0.1	6:53	6:50	
17	Sat	10:50	8.5	11:22	8.1	4:25	0.1	4:59	-0.6	6:51	6:51	
18	Sun	11:41	8.9			5:16	-0.6	5:45	-1.0	6:49	6:52	
19	Mon	12:08	8.7	12:31	9.0	6:07	-1.1	6:31	-1.1	6:48	6:53	
20	Tue	12:54	9.1	1:21	9.0	6:57	-1.4	7:17	-1.1	6:46	6:54	
21	Wed	1:40	9.4	2:11	8.8	7:47	-1.5	8:04	-0.9	6:44	6:55	
22	Thu	2:27	9.3	3:03	8.4	8:38	-1.4	8:53	-0.5	6:42	6:57	
23	Fri	3:17	9.1	3:58	7.9	9:32	-1.0	9:46	0.0	6:41	6:58	
24	Sat	4:12	8.6	5:00	7.4	10:32	-0.6	10:45	0.6	6:39	6:59	
25	Sun	5:13	8.2	6:06	6.9	11:36	-0.1	11:50	1.0	6:37	7:00	
26	Mon	6:21	7.7	7:16	6.7			12:46	0.3	6:35	7:01	
27	Tue	7:32	7.5	8:25	6.6	1:01	1.3	1:57	0.5	6:33	7:03	
28	Wed	8:42	7.4	9:28	6.8	2:14	1.3	3:03	0.5	6:32	7:04	
29	Thu	9:43	7.5	10:20	7.1	3:20	1.1	3:59	0.4	6:30	7:05	
30	Fri	10:36	7.6	11:05	7.3	4:15	0.8	4:45	0.4	6:28	7:06	
31	Sat	11:21	7.6	11:44	7.6	5:01	0.6	5:25	0.3	6:26	7:07	