US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jul 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:35	8.2	1:20	7.0	6:55	0.1	6:52	1.0	5:07	8:26	
2	Mon	1:16	8.4	2:00	7.1	7:34	-0.1	7:35	0.9	5:07	8:26	
3	Tue	1:58	8.4	2:40	7.3	8:15	-0.2	8:20	0.7	5:08	8:26	
4	Wed	2:41	8.5	3:23	7.6	8:56	-0.3	9:08	0.6	5:09	8:25	
5	Thu	3:28	8.4	4:08	7.8	9:41	-0.3	10:00	0.5	5:09	8:25	
6	Fri	4:19	8.2	4:57	8.0	10:28	-0.2	10:55	0.4	5:10	8:25	
7	Sat	5:14	7.9	5:49	8.2	11:18	-0.1	11:54	0.3	5:10	8:24	
8	Sun	6:13	7.6	6:43	8.4			12:11	0.2	5:11	8:24	
9	Mon	7:15	7.4	7:40	8.5	12:55	0.2	1:08	0.4	5:12	8:24	
10	Tue	8:22	7.2	8:41	8.6	2:00	0.1	2:09	0.5	5:13	8:23	
11	Wed	9:28	7.2	9:42	8.7	3:05	-0.1	3:11	0.6	5:13	8:23	
12	Thu	10:29	7.3	10:40	8.8	4:07	-0.3	4:11	0.6	5:14	8:22	
13	Fri	11:27	7.4	11:35	8.9	5:04	-0.5	5:07	0.5	5:15	8:22	
14	Sat			12:21	7.5	5:58	-0.6	6:01	0.5	5:16	8:21	
15	Sun	12:28	8.9	1:12	7.6	6:49	-0.6	6:53	0.4	5:17	8:20	
16	Mon	1:19	8.8	2:00	7.6	7:36	-0.5	7:42	0.5	5:17	8:20	
17	Tue	2:06	8.6	2:45	7.6	8:21	-0.3	8:30	0.6	5:18	8:19	
18	Wed	2:52	8.2	3:28	7.5	9:03	0.0	9:17	0.8	5:19	8:18	
19	Thu	3:37	7.8	4:12	7.5	9:45	0.3	10:06	0.9	5:20	8:18	
20	Fri	4:24	7.4	4:56	7.4	10:28	0.6	10:55	1.1	5:21	8:17	
21	Sat	5:13	7.0	5:41	7.3	11:11	1.0	11:47	1.2	5:22	8:16	
22	Sun	6:05	6.6	6:27	7.2	11:55	1.3			5:23	8:15	
23	Mon	6:59	6.4	7:17	7.2	12:40	1.3	12:43	1.6	5:24	8:14	
24	Tue	7:56	6.2	8:09	7.2	1:37	1.3	1:36	1.7	5:25	8:13	
25	Wed	8:55	6.1	9:03	7.3	2:35	1.3	2:31	1.8	5:26	8:12	
26	Thu	9:50	6.2	9:54	7.6	3:30	1.1	3:24	1.7	5:27	8:11	
27	Fri	10:40	6.4	10:41	7.8	4:19	0.8	4:13	1.5	5:28	8:10	
28	Sat	11:25	6.7	11:26	8.2	5:04	0.5	4:59	1.2	5:29	8:09	
29	Sun			12:08	7.0	5:46	0.1	5:43	0.9	5:30	8:08	
30	Mon	12:10	8.4	12:50	7.3	6:27	-0.2	6:28	0.6	5:31	8:07	
31	Tue	12:53	8.6	1:31	7.6	7:07	-0.4	7:14	0.3	5:32	8:06	