US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:00	7.2	6:31	6.5			12:13	1.0	7:14	4:18	
2	Wed	6:53	7.2	7:31	6.3	12:22	1.3	1:13	1.0	7:14	4:19	
3	Thu	7:46	7.2	8:27	6.3	1:17	1.4	2:10	0.9	7:14	4:20	
4	Fri	8:36	7.4	9:18	6.4	2:10	1.5	3:00	0.7	7:14	4:21	
5	Sat	9:22	7.5	10:04	6.5	2:58	1.4	3:45	0.5	7:14	4:21	
6	Sun	10:05	7.7	10:46	6.7	3:41	1.2	4:26	0.3	7:14	4:22	
7	Mon	10:45	7.9	11:26	6.8	4:21	1.1	5:04	0.1	7:14	4:23	
8	Tue	11:24	8.1			5:00	0.9	5:41	-0.1	7:14	4:25	
9	Wed	12:04	7.0	12:02	8.2	5:38	0.7	6:16	-0.2	7:13	4:26	
10	Thu	12:40	7.1	12:40	8.2	6:17	0.6	6:52	-0.3	7:13	4:27	
11	Fri	1:16	7.3	1:18	8.2	6:57	0.5	7:29	-0.4	7:13	4:28	
12	Sat	1:53	7.5	1:59	8.1	7:40	0.3	8:09	-0.3	7:13	4:29	
13	Sun	2:33	7.6	2:45	7.9	8:27	0.3	8:52	-0.2	7:12	4:30	
14	Mon	3:17	7.8	3:36	7.6	9:18	0.2	9:40	0.0	7:12	4:31	
15	Tue	4:06	7.9	4:32	7.3	10:14	0.2	10:31	0.2	7:11	4:32	
16	Wed	5:00	8.0	5:34	7.1	11:14	0.2	11:28	0.4	7:11	4:34	
17	Thu	5:59	8.1	6:42	6.9			12:19	0.1	7:10	4:35	
18	Fri	7:03	8.2	7:53	6.9	12:31	0.6	1:28	-0.1	7:10	4:36	
19	Sat	8:09	8.3	8:59	7.1	1:37	0.6	2:35	-0.3	7:09	4:37	
20	Sun	9:12	8.6	9:59	7.3	2:42	0.4	3:36	-0.6	7:08	4:38	
21	Mon	10:10	8.8	10:54	7.5	3:41	0.2	4:31	-0.9	7:08	4:40	
22	Tue	11:04	8.9	11:46	7.7	4:37	0.0	5:23	-1.0	7:07	4:41	
23	Wed	11:56	8.9			5:30	-0.1	6:11	-1.0	7:06	4:42	
24	Thu	12:34	7.9	12:44	8.8	6:20	-0.2	6:56	-0.8	7:06	4:44	
25	Fri	1:19	7.9	1:31	8.4	7:08	-0.1	7:39	-0.5	7:05	4:45	
26	Sat	2:03	7.8	2:17	8.0	7:55	0.1	8:21	-0.2	7:04	4:46	
27	Sun	2:46	7.7	3:04	7.5	8:44	0.3	9:04	0.3	7:03	4:47	
28	Mon	3:31	7.5	3:54	7.0	9:34	0.6	9:49	0.7	7:02	4:49	
29	Tue	4:17	7.3	4:47	6.5	10:26	0.8	10:36	1.1	7:01	4:50	
30	Wed	5:06	7.1	5:43	6.2	11:21	1.0	11:27	1.5	7:00	4:51	
31	Thu	5:59	7.0	6:44	6.0			12:21	1.2	6:59	4:53	