US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:25	7.1	2:25	7.5	8:10	0.9	8:34	0.3	7:14	4:18	
2	Fri	3:01	7.1	3:13	7.3	8:52	0.9	9:16	0.4	7:14	4:19	
3	Sat	3:43	7.3	4:01	7.1	9:46	0.8	10:04	0.5	7:14	4:20	
4	Sun	4:31	7.4	4:55	6.9	10:34	0.7	10:52	0.6	7:14	4:21	
5	Mon	5:19	7.6	5:55	6.8	11:34	0.6	11:46	0.7	7:14	4:22	
6	Tue	6:19	7.8	6:55	6.8			12:34	0.3	7:14	4:23	
7	Wed	7:19	8.1	8:01	6.9	12:46	0.7	1:40	0.0	7:14	4:24	
8	Thu	8:19	8.5	9:07	7.2	1:52	0.5	2:46	-0.4	7:14	4:25	
9	Fri	9:19	8.9	10:07	7.5	2:52	0.2	3:40	-0.9	7:13	4:26	
10	Sat	10:19	9.2	11:01	7.9	3:46	-0.1	4:40	-1.2	7:13	4:27	
11	Sun	11:13	9.4	11:55	8.1	4:46	-0.4	5:28	-1.4	7:13	4:29	
12	Mon			12:07	9.5	5:40	-0.6	6:22	-1.5	7:12	4:30	
13	Tue	12:49	8.3	1:01	9.3	6:34	-0.6	7:10	-1.4	7:12	4:31	
14	Wed	1:37	8.4	1:55	8.9	7:28	-0.6	8:04	-1.0	7:11	4:32	
15	Thu	2:31	8.3	2:49	8.4	8:22	-0.4	8:52	-0.6	7:11	4:33	
16	Fri	3:19	8.2	3:43	7.8	9:22	-0.1	9:46	-0.1	7:10	4:34	
17	Sat	4:13	7.9	4:43	7.3	10:22	0.2	10:40	0.4	7:10	4:36	
18	Sun	5:07	7.7	5:43	6.8	11:22	0.5	11:34	0.9	7:09	4:37	
19	Mon	6:01	7.5	6:43	6.5			12:22	0.7	7:09	4:38	
20	Tue	7:01	7.3	7:49	6.3	12:34	1.2	1:28	0.7	7:08	4:39	
21	Wed	8:01	7.3	8:43	6.3	1:34	1.4	2:28	0.7	7:07	4:41	
22	Thu	8:55	7.4	9:37	6.5	2:28	1.4	3:16	0.5	7:07	4:42	
23	Fri	9:43	7.6	10:19	6.6	3:16	1.2	4:04	0.4	7:06	4:43	
24	Sat	10:25	7.7	11:01	6.8	4:04	1.1	4:40	0.2	7:05	4:45	
25	Sun	11:01	7.9	11:37	7.0	4:40	0.9	5:16	0.1	7:04	4:46	
26	Mon	11:43	8.0			5:16	0.7	5:52	0.0	7:03	4:47	
27	Tue	12:13	7.1	12:13	8.0	5:52	0.6	6:22	-0.1	7:02	4:48	
28	Wed	12:49	7.3	12:49	7.9	6:28	0.5	6:58	-0.1	7:01	4:50	
29	Thu	1:19	7.4	1:25	7.8	7:04	0.4	7:28	-0.1	7:00	4:51	
30	Fri	1:49	7.5	2:01	7.7	7:46	0.3	8:04	0.0	6:59	4:52	
31	Sat	2:25	7.7	2:43	7.5	8:28	0.3	8:46	0.2	6:58	4:54	