US HARBORS www.USHarbors.com

Atlantic Heights, NH - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:56	8.2	2:23	7.5	8:04	-0.3	8:17	0.1	6:18	5:32	
2	Mon	2:38	8.2	3:12	7.3	8:52	-0.2	9:05	0.4	6:16	5:33	
3	Tue	3:28	8.1	4:08	7.0	9:46	0.0	9:59	0.6	6:14	5:34	
4	Wed	4:25	8.0	5:12	6.7	10:47	0.2	11:00	0.8	6:13	5:36	
5	Thu	5:30	7.8	6:22	6.6	11:55	0.3			6:11	5:37	
6	Fri	6:41	7.9	7:36	6.8	12:08	0.9	1:07	0.2	6:09	5:38	
7	Sat	7:54	8.1	8:42	7.2	1:21	0.7	2:16	-0.1	6:08	5:39	
8	Sun	9:59	8.4	10:39	7.7	3:30	0.4	4:15	-0.5	7:06	6:40	
9	Mon	10:57	8.6	11:31	8.1	4:30	-0.1	5:08	-0.7	7:04	6:42	
10	Tue	11:50	8.8			5:25	-0.5	5:56	-0.9	7:03	6:43	
11	Wed	12:19	8.5	12:40	8.8	6:16	-0.8	6:41	-0.9	7:01	6:44	
12	Thu	1:03	8.7	1:27	8.6	7:04	-0.9	7:24	-0.7	6:59	6:45	
13	Fri	1:46	8.7	2:13	8.3	7:50	-0.8	8:06	-0.3	6:57	6:47	
14	Sat	2:27	8.5	2:58	7.8	8:35	-0.6	8:47	0.1	6:56	6:48	
15	Sun	3:09	8.2	3:44	7.4	9:20	-0.3	9:31	0.6	6:54	6:49	
16	Mon	3:53	7.9	4:33	6.9	10:08	0.2	10:17	1.0	6:52	6:50	
17	Tue	4:41	7.5	5:26	6.5	11:00	0.6	11:08	1.4	6:50	6:51	
18	Wed	5:35	7.1	6:24	6.2	11:56	1.0			6:49	6:53	
19	Thu	6:33	6.9	7:25	6.1	12:04	1.7	12:57	1.2	6:47	6:54	
20	Fri	7:35	6.8	8:26	6.1	1:06	1.8	2:01	1.2	6:45	6:55	
21	Sat	8:37	6.9	9:21	6.4	2:10	1.7	2:59	1.1	6:43	6:56	
22	Sun	9:32	7.1	10:08	6.7	3:08	1.5	3:47	0.8	6:41	6:57	
23	Mon	10:19	7.3	10:49	7.1	3:58	1.1	4:27	0.6	6:40	6:58	
24	Tue	11:02	7.6	11:26	7.5	4:40	0.7	5:04	0.3	6:38	7:00	
25	Wed	11:42	7.8			5:20	0.3	5:39	0.1	6:36	7:01	
26	Thu	12:01	7.9	12:21	7.9	5:59	-0.1	6:14	0.0	6:34	7:02	
27	Fri	12:36	8.2	1:00	8.0	6:38	-0.4	6:50	-0.1	6:33	7:03	
28	Sat	1:12	8.5	1:40	7.9	7:18	-0.6	7:29	-0.1	6:31	7:04	
29	Sun	1:50	8.6	2:22	7.8	8:00	-0.7	8:11	0.0	6:29	7:05	
30	Mon	2:31	8.7	3:08	7.6	8:46	-0.7	8:57	0.2	6:27	7:07	
31	Tue	3:18	8.6	4:00	7.4	9:37	-0.5	9:48	0.4	6:25	7:08	