US HARBORS www.USHarbors.com

Atlantic Heights, NH - May 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:06	8.3	5:58	7.4	11:26	-0.2	11:46	0.8	5:35	7:44	
2	Sat	6:13	8.0	7:03	7.5			12:30	0.0	5:34	7:45	
3	Sun	7:22	7.8	8:07	7.7	12:55	0.8	1:34	0.1	5:33	7:46	
4	Mon	8:30	7.7	9:06	7.9	2:06	0.6	2:36	0.2	5:31	7:47	
5	Tue	9:32	7.7	9:59	8.2	3:11	0.3	3:32	0.2	5:30	7:48	
6	Wed	10:28	7.7	10:47	8.4	4:08	0.0	4:23	0.3	5:29	7:49	
7	Thu	11:20	7.7	11:31	8.5	4:58	-0.3	5:08	0.4	5:28	7:51	
8	Fri			12:07	7.7	5:45	-0.4	5:52	0.5	5:26	7:52	
9	Sat	12:13	8.5	12:52	7.5	6:29	-0.4	6:33	0.7	5:25	7:53	
10	Sun	12:54	8.4	1:34	7.4	7:10	-0.3	7:13	0.8	5:24	7:54	
11	Mon	1:33	8.3	2:14	7.2	7:50	-0.1	7:52	1.0	5:23	7:55	
12	Tue	2:12	8.1	2:54	7.0	8:30	0.1	8:31	1.2	5:22	7:56	
13	Wed	2:51	7.9	3:37	6.9	9:10	0.3	9:13	1.4	5:21	7:57	
14	Thu	3:34	7.6	4:21	6.7	9:53	0.6	9:59	1.5	5:20	7:58	
15	Fri	4:20	7.4	5:09	6.7	10:38	0.8	10:48	1.7	5:18	7:59	
16	Sat	5:09	7.2	5:57	6.7	11:24	0.9	11:41	1.7	5:17	8:00	
17	Sun	6:01	7.0	6:45	6.8			12:11	1.0	5:16	8:01	
18	Mon	6:54	6.9	7:34	7.0	12:34	1.6	1:00	1.0	5:16	8:02	
19	Tue	7:50	6.9	8:22	7.3	1:30	1.4	1:49	1.0	5:15	8:03	
20	Wed	8:45	7.0	9:09	7.7	2:26	1.0	2:39	0.9	5:14	8:04	
21	Thu	9:39	7.2	9:54	8.2	3:19	0.6	3:27	0.7	5:13	8:05	
22	Fri	10:29	7.4	10:40	8.6	4:09	0.1	4:15	0.5	5:12	8:06	
23	Sat	11:19	7.6	11:26	9.0	4:57	-0.4	5:02	0.3	5:11	8:07	
24	Sun			12:09	7.8	5:46	-0.8	5:51	0.2	5:10	8:08	
25	Mon	12:15	9.2	1:00	7.9	6:36	-1.0	6:42	0.1	5:10	8:09	
26	Tue	1:07	9.4	1:53	8.0	7:27	-1.1	7:35	0.0	5:09	8:10	
27	Wed	1:59	9.3	2:46	8.0	8:20	-1.1	8:29	0.1	5:08	8:11	
28	Thu	2:54	9.2	3:43	7.9	9:14	-0.9	9:28	0.2	5:08	8:12	
29	Fri	3:53	8.9	4:43	7.9	10:12	-0.7	10:30	0.4	5:07	8:13	
30	Sat	4:55	8.5	5:43	7.9	11:11	-0.4	11:36	0.5	5:07	8:14	
31	Sun	6:00	8.1	6:43	8.0			12:10	-0.1	5:06	8:15	