US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**7:05**	7.7	**7:42**	8.0	**12:42**	0.5	**1:09**	0.2	5:06	8:15	
2	Tue	**8:10**	7.5	**8:39**	8.1	**1:49**	0.5	**2:08**	0.5	5:05	8:16	
3	Wed	**9:12**	7.3	**9:33**	8.2	**2:53**	0.3	**3:05**	0.6	5:05	8:17	
4	Thu	**10:09**	7.2	**10:22**	8.3	**3:50**	0.2	**3:57**	0.8	5:04	8:18	
5	Fri	**11:01**	7.2	**11:08**	8.3	**4:41**	0.0	**4:44**	0.9	5:04	8:18	
6	Sat	**11:49**	7.2	**11:51**	8.3	**5:28**	0.0	**5:29**	1.0	5:04	8:19	
7	Sun			**12:33**	7.1	**6:12**	0.0	**6:10**	1.1	5:03	8:20	
8	Mon	**12:32**	8.2	**1:15**	7.1	**6:53**	0.0	**6:50**	1.1	5:03	8:20	
9	Tue	**1:12**	8.1	**1:54**	7.0	**7:31**	0.1	**7:29**	1.2	5:03	8:21	
10	Wed	**1:50**	8.0	**2:33**	7.0	**8:08**	0.2	**8:08**	1.3	5:03	8:21	
11	Thu	**2:28**	7.9	**3:11**	6.9	**8:45**	0.3	**8:47**	1.3	5:03	8:22	
12	Fri	**3:07**	7.7	**3:51**	6.9	**9:23**	0.4	**9:29**	1.4	5:02	8:22	
13	Sat	**3:48**	7.6	**4:32**	7.0	**10:02**	0.5	**10:14**	1.4	5:02	8:23	
14	Sun	**4:32**	7.4	**5:14**	7.1	**10:42**	0.7	**11:02**	1.4	5:02	8:23	
15	Mon	**5:19**	7.2	**5:57**	7.2	**11:25**	0.8	**11:53**	1.3	5:02	8:24	
16	Tue	**6:09**	7.0	**6:42**	7.4			**12:10**	0.8	5:02	8:24	
17	Wed	**7:02**	6.9	**7:30**	7.7	**12:45**	1.1	**12:58**	0.9	5:02	8:25	
18	Thu	**7:59**	6.9	**8:21**	8.0	**1:41**	0.8	**1:50**	0.9	5:03	8:25	
19	Fri	**8:59**	7.0	**9:14**	8.4	**2:39**	0.5	**2:45**	0.8	5:03	8:25	
20	Sat	**9:56**	7.2	**10:08**	8.8	**3:36**	0.0	**3:41**	0.6	5:03	8:25	
21	Sun	**10:52**	7.4	**11:02**	9.1	**4:31**	-0.4	**4:35**	0.3	5:03	8:26	
22	Mon	**11:48**	7.7	**11:56**	9.4	**5:25**	-0.8	**5:29**	0.1	5:03	8:26	
23	Tue			**12:43**	7.9	**6:19**	-1.1	**6:25**	-0.1	5:04	8:26	
24	Wed	**12:52**	9.5	**1:38**	8.1	**7:12**	-1.2	**7:21**	-0.2	5:04	8:26	
25	Thu	**1:47**	9.5	**2:32**	8.2	**8:05**	-1.2	**8:17**	-0.2	5:04	8:26	
26	Fri	**2:43**	9.3	**3:26**	8.3	**8:58**	-1.1	**9:15**	-0.1	5:05	8:26	
27	Sat	**3:40**	9.0	**4:23**	8.3	**9:52**	-0.8	**10:16**	0.1	5:05	8:26	
28	Sun	**4:39**	8.5	**5:19**	8.3	**10:48**	-0.5	**11:18**	0.2	5:06	8:26	
29	Mon	**5:40**	8.0	**6:16**	8.2	**11:43**	0.0			5:06	8:26	
30	Tue	**6:42**	7.5	**7:12**	8.1	**12:21**	0.3	**12:39**	0.4	5:07	8:26	