US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:45	7.2	8:09	8.1	1:25	0.4	1:37	0.8	5:07	8:26	
2	Thu	8:48	6.9	9:05	8.0	2:29	0.5	2:36	1.0	5:08	8:26	
3	Fri	9:47	6.8	9:57	8.0	3:28	0.4	3:31	1.2	5:08	8:25	
4	Sat	10:40	6.8	10:46	8.0	4:21	0.4	4:21	1.2	5:09	8:25	
5	Sun	11:28	6.8	11:30	8.0	5:09	0.3	5:07	1.2	5:09	8:25	
6	Mon			12:12	6.9	5:53	0.3	5:49	1.2	5:10	8:25	
7	Tue	12:12	8.0	12:53	7.0	6:33	0.2	6:29	1.2	5:11	8:24	
8	Wed	12:52	8.1	1:31	7.0	7:10	0.2	7:07	1.1	5:12	8:24	
9	Thu	1:29	8.0	2:07	7.1	7:44	0.2	7:44	1.1	5:12	8:23	
10	Fri	2:05	8.0	2:42	7.1	8:17	0.2	8:22	1.1	5:13	8:23	
11	Sat	2:41	7.8	3:17	7.2	8:51	0.3	9:00	1.1	5:14	8:22	
12	Sun	3:18	7.7	3:52	7.3	9:25	0.4	9:42	1.0	5:15	8:22	
13	Mon	3:58	7.5	4:30	7.4	10:03	0.5	10:27	1.0	5:15	8:21	
14	Tue	4:43	7.3	5:12	7.6	10:44	0.6	11:16	0.9	5:16	8:21	
15	Wed	5:31	7.1	5:57	7.7	11:29	0.7			5:17	8:20	
16	Thu	6:24	6.9	6:48	7.9	12:08	0.8	12:18	0.8	5:18	8:19	
17	Fri	7:23	6.8	7:44	8.1	1:05	0.6	1:13	0.9	5:19	8:19	
18	Sat	8:27	6.9	8:44	8.4	2:07	0.4	2:13	0.8	5:20	8:18	
19	Sun	9:31	7.0	9:45	8.8	3:10	0.1	3:15	0.6	5:21	8:17	
20	Mon	10:32	7.3	10:44	9.1	4:10	-0.4	4:15	0.3	5:22	8:16	
21	Tue	11:29	7.7	11:42	9.4	5:07	-0.7	5:13	0.0	5:23	8:15	
22	Wed			12:25	8.1	6:02	-1.1	6:10	-0.3	5:23	8:15	
23	Thu	12:38	9.5	1:19	8.4	6:55	-1.2	7:07	-0.5	5:24	8:14	
24	Fri	1:33	9.5	2:11	8.6	7:46	-1.3	8:02	-0.5	5:25	8:13	
25	Sat	2:27	9.3	3:03	8.7	8:36	-1.1	8:57	-0.4	5:26	8:12	
26	Sun	3:21	8.9	3:55	8.6	9:27	-0.7	9:55	-0.2	5:27	8:11	
27	Mon	4:18	8.3	4:48	8.4	10:19	-0.3	10:54	0.0	5:28	8:10	
28	Tue	5:16	7.8	5:43	8.2	11:12	0.2	11:54	0.3	5:29	8:09	
29	Wed	6:16	7.3	6:39	8.0			12:07	0.7	5:30	8:08	
30	Thu	7:17	6.9	7:36	7.8	12:56	0.5	1:05	1.1	5:31	8:06	
31	Fri	8:20	6.6	8:35	7.7	2:00	0.7	2:05	1.4	5:33	8:05	