US HARBORS www.USHarbors.com

Atlantic Heights, NH - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**9:21**	6.5	**9:32**	7.7	**3:02**	0.7	**3:05**	1.4	5:34	8:04	
2	Sun	**10:15**	6.6	**10:22**	7.7	**3:57**	0.7	**3:58**	1.4	5:35	8:03	
3	Mon	**11:02**	6.7	**11:08**	7.9	**4:45**	0.6	**4:44**	1.3	5:36	8:02	
4	Tue	**11:46**	6.9	**11:49**	8.0	**5:28**	0.4	**5:26**	1.1	5:37	8:00	
5	Wed			**12:25**	7.0	**6:06**	0.3	**6:06**	1.0	5:38	7:59	
6	Thu	**12:28**	8.0	**1:02**	7.2	**6:41**	0.2	**6:43**	0.9	5:39	7:58	
7	Fri	**1:05**	8.0	**1:36**	7.3	**7:13**	0.2	**7:19**	0.8	5:40	7:57	
8	Sat	**1:40**	8.0	**2:08**	7.5	**7:44**	0.2	**7:55**	0.7	5:41	7:55	
9	Sun	**2:14**	7.8	**2:40**	7.6	**8:16**	0.2	**8:32**	0.6	5:42	7:54	
10	Mon	**2:50**	7.7	**3:13**	7.7	**8:50**	0.3	**9:12**	0.6	5:43	7:52	
11	Tue	**3:29**	7.5	**3:50**	7.8	**9:27**	0.4	**9:56**	0.5	5:44	7:51	
12	Wed	**4:12**	7.3	**4:33**	7.9	**10:09**	0.6	**10:45**	0.5	5:45	7:50	
13	Thu	**5:02**	7.1	**5:22**	7.9	**10:56**	0.7	**11:39**	0.5	5:46	7:48	
14	Fri	**5:57**	6.9	**6:17**	8.0	**11:49**	0.9			5:48	7:47	
15	Sat	**6:59**	6.8	**7:19**	8.1	**12:38**	0.5	**12:48**	0.9	5:49	7:45	
16	Sun	**8:06**	6.8	**8:25**	8.3	**1:44**	0.4	**1:53**	0.8	5:50	7:44	
17	Mon	**9:14**	7.1	**9:31**	8.7	**2:51**	0.1	**2:59**	0.6	5:51	7:42	
18	Tue	**10:16**	7.5	**10:32**	9.0	**3:54**	-0.3	**4:02**	0.2	5:52	7:41	
19	Wed	**11:13**	7.9	**11:29**	9.3	**4:51**	-0.7	**5:01**	-0.2	5:53	7:39	
20	Thu			**12:06**	8.3	**5:43**	-1.0	**5:57**	-0.5	5:54	7:38	
21	Fri	**12:24**	9.4	**12:58**	8.7	**6:34**	-1.1	**6:52**	-0.7	5:55	7:36	
22	Sat	**1:17**	9.3	**1:47**	8.8	**7:23**	-1.0	**7:44**	-0.8	5:56	7:34	
23	Sun	**2:09**	9.0	**2:34**	8.8	**8:10**	-0.8	**8:36**	-0.7	5:57	7:33	
24	Mon	**3:00**	8.6	**3:23**	8.7	**8:57**	-0.4	**9:29**	-0.4	5:59	7:31	
25	Tue	**3:53**	8.0	**4:13**	8.4	**9:46**	0.1	**10:24**	0.0	6:00	7:29	
26	Wed	**4:48**	7.5	**5:06**	8.0	**10:38**	0.6	**11:22**	0.4	6:01	7:28	
27	Thu	**5:46**	7.0	**6:03**	7.7	**11:33**	1.1			6:02	7:26	
28	Fri	**6:46**	6.6	**7:02**	7.4	**12:23**	0.7	**12:31**	1.4	6:03	7:24	
29	Sat	**7:48**	6.4	**8:03**	7.3	**1:26**	1.0	**1:33**	1.6	6:04	7:23	
30	Sun	**8:49**	6.4	**9:01**	7.4	**2:29**	1.0	**2:34**	1.6	6:05	7:21	
31	Mon	**9:43**	6.6	**9:54**	7.5	**3:26**	0.9	**3:30**	1.4	6:06	7:19	