US HARBORS www.USHarbors.com

Atlantic Heights, NH - Sep 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:31	6.8	10:39	7.7	4:14	0.7	4:17	1.2	6:07	7:18	
2	Wed	11:12	7.0	11:21	7.8	4:55	0.6	4:59	1.0	6:08	7:16	
3	Thu	11:51	7.3			5:31	0.4	5:38	0.8	6:09	7:14	
4	Fri	12:00	7.9	12:26	7.5	6:05	0.3	6:14	0.6	6:11	7:12	
5	Sat	12:36	7.9	12:58	7.7	6:36	0.2	6:50	0.4	6:12	7:11	
6	Sun	1:12	7.9	1:30	7.9	7:08	0.2	7:26	0.2	6:13	7:09	
7	Mon	1:47	7.8	2:02	8.0	7:41	0.3	8:04	0.1	6:14	7:07	
8	Tue	2:24	7.7	2:37	8.1	8:17	0.4	8:45	0.1	6:15	7:05	
9	Wed	3:04	7.5	3:17	8.1	8:57	0.5	9:30	0.2	6:16	7:04	
10	Thu	3:49	7.3	4:03	8.1	9:41	0.7	10:21	0.3	6:17	7:02	
11	Fri	4:41	7.0	4:57	8.0	10:32	0.8	11:18	0.4	6:18	7:00	
12	Sat	5:40	6.9	5:58	8.0	11:30	0.9			6:19	6:58	
13	Sun	6:46	6.8	7:04	8.0	12:21	0.4	12:33	1.0	6:20	6:56	
14	Mon	7:55	6.9	8:14	8.2	1:29	0.4	1:42	0.8	6:21	6:55	
15	Tue	9:02	7.3	9:21	8.5	2:36	0.1	2:51	0.5	6:23	6:53	
16	Wed	10:02	7.8	10:21	8.7	3:38	-0.2	3:54	0.1	6:24	6:51	
17	Thu	10:56	8.2	11:17	8.9	4:33	-0.5	4:51	-0.4	6:25	6:49	
18	Fri	11:46	8.6			5:23	-0.7	5:44	-0.7	6:26	6:47	
19	Sat	12:09	9.0	12:34	8.9	6:11	-0.7	6:35	-0.9	6:27	6:46	
20	Sun	1:00	8.8	1:20	9.0	6:57	-0.6	7:25	-0.9	6:28	6:44	
21	Mon	1:49	8.5	2:05	8.9	7:42	-0.3	8:13	-0.7	6:29	6:42	
22	Tue	2:37	8.1	2:50	8.6	8:27	0.1	9:02	-0.3	6:30	6:40	
23	Wed	3:26	7.7	3:37	8.2	9:14	0.6	9:53	0.1	6:31	6:38	
24	Thu	4:18	7.2	4:28	7.8	10:03	1.0	10:48	0.5	6:32	6:36	
25	Fri	5:14	6.8	5:24	7.5	10:57	1.4	11:46	0.9	6:34	6:35	
26	Sat	6:12	6.5	6:23	7.2	11:55	1.6			6:35	6:33	
27	Sun	7:12	6.4	7:24	7.1	12:46	1.1	12:56	1.7	6:36	6:31	
28	Mon	8:10	6.4	8:23	7.1	1:47	1.2	1:57	1.7	6:37	6:29	
29	Tue	9:05	6.6	9:17	7.3	2:43	1.1	2:55	1.5	6:38	6:27	
30	Wed	9:52	6.9	10:04	7.5	3:32	0.9	3:44	1.2	6:39	6:26	