US HARBORS www.USHarbors.com

Atlantic Heights, NH - Oct 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:33	7.3	10:47	7.6	4:12	0.7	4:27	0.8	6:40	6:24	
2	Fri	11:10	7.6	11:26	7.7	4:49	0.6	5:06	0.5	6:41	6:22	
3	Sat	11:44	7.9			5:23	0.4	5:43	0.2	6:43	6:20	
4	Sun	12:05	7.8	12:18	8.1	5:56	0.3	6:20	0.0	6:44	6:19	
5	Mon	12:43	7.8	12:52	8.3	6:31	0.3	6:59	-0.2	6:45	6:17	
6	Tue	1:21	7.8	1:29	8.4	7:09	0.3	7:39	-0.3	6:46	6:15	
7	Wed	2:01	7.7	2:08	8.5	7:48	0.4	8:22	-0.3	6:47	6:13	
8	Thu	2:44	7.5	2:52	8.5	8:32	0.5	9:10	-0.2	6:48	6:12	
9	Fri	3:33	7.3	3:43	8.3	9:21	0.7	10:04	0.0	6:49	6:10	
10	Sat	4:28	7.1	4:41	8.2	10:16	0.8	11:04	0.2	6:51	6:08	
11	Sun	5:31	7.0	5:46	8.0	11:18	0.9			6:52	6:07	
12	Mon	6:38	7.0	6:55	8.0	12:08	0.3	12:25	0.9	6:53	6:05	
13	Tue	7:45	7.3	8:05	8.0	1:15	0.3	1:35	0.8	6:54	6:03	
14	Wed	8:49	7.6	9:11	8.2	2:20	0.1	2:44	0.4	6:55	6:02	
15	Thu	9:46	8.1	10:10	8.3	3:20	-0.1	3:46	0.0	6:57	6:00	
16	Fri	10:37	8.5	11:04	8.4	4:13	-0.2	4:41	-0.4	6:58	5:58	
17	Sat	11:24	8.8	11:55	8.4	5:01	-0.3	5:31	-0.7	6:59	5:57	
18	Sun			12:10	8.9	5:47	-0.2	6:20	-0.8	7:00	5:55	
19	Mon	12:43	8.3	12:54	8.9	6:32	0.0	7:06	-0.8	7:01	5:54	
20	Tue	1:30	8.0	1:37	8.7	7:16	0.2	7:51	-0.5	7:03	5:52	
21	Wed	2:15	7.7	2:20	8.4	7:59	0.6	8:36	-0.2	7:04	5:50	
22	Thu	3:01	7.4	3:04	8.1	8:43	0.9	9:23	0.2	7:05	5:49	
23	Fri	3:49	7.0	3:52	7.7	9:30	1.2	10:13	0.6	7:06	5:47	
24	Sat	4:40	6.7	4:45	7.4	10:21	1.5	11:06	0.9	7:08	5:46	
25	Sun	5:35	6.5	5:41	7.1	11:16	1.7			7:09	5:44	
26	Mon	6:30	6.5	6:39	7.0	12:00	1.1	12:13	1.8	7:10	5:43	
27	Tue	7:25	6.6	7:36	6.9	12:55	1.2	1:12	1.7	7:11	5:41	
28	Wed	8:17	6.8	8:31	7.0	1:48	1.2	2:10	1.5	7:13	5:40	
29	Thu	9:04	7.1	9:22	7.1	2:37	1.1	3:02	1.2	7:14	5:39	
30	Fri	9:47	7.4	10:08	7.3	3:21	0.9	3:48	0.8	7:15	5:37	
31	Sat	10:25	7.8	10:51	7.4	4:01	0.7	4:30	0.4	7:16	5:36	