US HARBORS www.USHarbors.com

Atlantic Heights, NH - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:02	8.1	10:32	7.6	3:39	0.6	4:11	0.0	6:18	4:35	
2	Mon	10:40	8.4	11:14	7.7	4:18	0.4	4:51	-0.3	6:19	4:33	
3	Tue	11:19	8.7	11:57	7.7	4:58	0.3	5:34	-0.6	6:20	4:32	
4	Wed			12:01	8.8	5:40	0.3	6:18	-0.7	6:22	4:31	
5	Thu	12:42	7.7	12:47	8.9	6:25	0.3	7:05	-0.6	6:23	4:30	
6	Fri	1:29	7.6	1:36	8.8	7:13	0.4	7:56	-0.5	6:24	4:28	
7	Sat	2:21	7.5	2:30	8.6	8:06	0.5	8:51	-0.3	6:25	4:27	
8	Sun	3:19	7.4	3:31	8.3	9:05	0.6	9:51	-0.1	6:27	4:26	
9	Mon	4:22	7.3	4:37	8.1	10:09	0.7	10:54	0.0	6:28	4:25	
10	Tue	5:26	7.4	5:45	7.9	11:18	0.7	11:57	0.1	6:29	4:24	
11	Wed	6:29	7.7	6:53	7.8			12:27	0.6	6:31	4:23	
12	Thu	7:30	8.0	7:58	7.8	12:59	0.2	1:35	0.3	6:32	4:22	
13	Fri	8:26	8.3	8:57	7.8	1:58	0.2	2:35	-0.1	6:33	4:21	
14	Sat	9:17	8.5	9:51	7.8	2:52	0.2	3:29	-0.4	6:34	4:20	
15	Sun	10:04	8.7	10:41	7.8	3:41	0.2	4:19	-0.6	6:36	4:19	
16	Mon	10:49	8.7	11:28	7.7	4:27	0.3	5:05	-0.6	6:37	4:18	
17	Tue	11:32	8.6			5:11	0.4	5:50	-0.5	6:38	4:17	
18	Wed	12:13	7.5	12:15	8.4	5:53	0.6	6:32	-0.3	6:39	4:16	
19	Thu	12:56	7.3	12:56	8.2	6:35	0.8	7:14	-0.1	6:41	4:15	
20	Fri	1:38	7.1	1:37	8.0	7:16	1.0	7:56	0.2	6:42	4:15	
21	Sat	2:21	6.9	2:21	7.7	7:59	1.2	8:39	0.5	6:43	4:14	
22	Sun	3:06	6.8	3:07	7.4	8:46	1.4	9:25	0.7	6:44	4:13	
23	Mon	3:55	6.7	3:57	7.1	9:36	1.6	10:12	0.9	6:45	4:13	
24	Tue	4:44	6.7	4:50	6.9	10:29	1.6	10:59	1.0	6:47	4:12	
25	Wed	5:33	6.7	5:44	6.8	11:23	1.6	11:47	1.1	6:48	4:11	
26	Thu	6:21	6.9	6:39	6.7			12:18	1.4	6:49	4:11	
27	Fri	7:09	7.2	7:33	6.8	12:36	1.1	1:13	1.1	6:50	4:10	
28	Sat	7:55	7.5	8:26	6.9	1:25	1.1	2:05	0.7	6:51	4:10	
29	Sun	8:39	7.9	9:14	7.1	2:12	0.9	2:53	0.3	6:52	4:10	
30	Mon	9:23	8.3	10:01	7.3	2:58	0.7	3:39	-0.2	6:54	4:09	