US HARBORS www.USHarbors.com

Atlantic Heights, NH - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:07	8.6	10:48	7.5	3:43	0.5	4:25	-0.5	6:55	4:09	
2	Wed	10:53	8.9	11:36	7.7	4:29	0.3	5:12	-0.8	6:56	4:09	
3	Thu	11:41	9.1			5:17	0.1	6:01	-1.0	6:57	4:08	
4	Fri	12:25	7.8	12:31	9.2	6:07	0.0	6:51	-1.0	6:58	4:08	
5	Sat	1:15	7.8	1:24	9.1	6:59	0.0	7:42	-0.9	6:59	4:08	
6	Sun	2:09	7.8	2:19	8.8	7:54	0.1	8:37	-0.7	7:00	4:08	
7	Mon	3:05	7.8	3:19	8.5	8:54	0.2	9:34	-0.5	7:01	4:08	
8	Tue	4:05	7.8	4:23	8.1	9:58	0.3	10:33	-0.2	7:02	4:08	
9	Wed	5:06	7.9	5:29	7.7	11:04	0.4	11:33	0.1	7:03	4:08	
10	Thu	6:07	7.9	6:36	7.4			12:12	0.3	7:03	4:08	
11	Fri	7:07	8.0	7:42	7.3	12:34	0.3	1:20	0.2	7:04	4:08	
12	Sat	8:04	8.2	8:43	7.2	1:35	0.5	2:22	0.0	7:05	4:08	
13	Sun	8:58	8.3	9:38	7.2	2:31	0.6	3:17	-0.2	7:06	4:08	
14	Mon	9:47	8.3	10:28	7.2	3:23	0.7	4:07	-0.3	7:07	4:08	
15	Tue	10:33	8.3	11:14	7.2	4:10	0.7	4:52	-0.3	7:07	4:08	
16	Wed	11:16	8.3	11:57	7.2	4:54	0.7	5:35	-0.3	7:08	4:09	
17	Thu	11:57	8.2			5:35	0.8	6:15	-0.2	7:09	4:09	
18	Fri	12:37	7.1	12:36	8.1	6:15	0.8	6:53	0.0	7:09	4:09	
19	Sat	1:16	7.1	1:15	7.9	6:54	0.9	7:30	0.1	7:10	4:10	
20	Sun	1:54	7.0	1:53	7.7	7:33	1.0	8:06	0.3	7:10	4:10	
21	Mon	2:32	6.9	2:33	7.5	8:14	1.1	8:45	0.4	7:11	4:11	
22	Tue	3:12	6.9	3:16	7.2	8:58	1.2	9:25	0.6	7:11	4:11	
23	Wed	3:54	6.9	4:03	7.0	9:45	1.3	10:07	0.8	7:12	4:12	
24	Thu	4:38	7.0	4:53	6.7	10:35	1.2	10:51	0.9	7:12	4:12	
25	Fri	5:23	7.1	5:46	6.6	11:27	1.2	11:39	1.1	7:13	4:13	
26	Sat	6:11	7.3	6:43	6.5			12:23	1.0	7:13	4:14	
27	Sun	7:02	7.5	7:42	6.6	12:31	1.1	1:21	0.7	7:13	4:14	
28	Mon	7:56	7.9	8:39	6.8	1:26	1.0	2:17	0.3	7:14	4:15	
29	Tue	8:49	8.3	9:33	7.1	2:21	0.8	3:11	-0.2	7:14	4:16	
30	Wed	9:41	8.7	10:25	7.4	3:14	0.4	4:03	-0.6	7:14	4:17	
31	Thu	10:33	9.1	11:18	7.8	4:07	0.1	4:54	-1.0	7:14	4:17	