US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:27	9.4			5:01	-0.3	5:45	-1.3	7:14	4:18	
2	Sat	12:09	8.1	12:20	9.5	5:54	-0.5	6:35	-1.5	7:14	4:19	
3	Sun	1:00	8.3	1:12	9.4	6:47	-0.6	7:25	-1.4	7:14	4:20	
4	Mon	1:51	8.4	2:06	9.1	7:42	-0.6	8:17	-1.2	7:14	4:21	
5	Tue	2:44	8.4	3:03	8.6	8:39	-0.5	9:10	-0.8	7:14	4:22	
6	Wed	3:40	8.4	4:03	8.1	9:40	-0.3	10:06	-0.4	7:14	4:23	
7	Thu	4:37	8.2	5:07	7.6	10:43	0.0	11:03	0.1	7:14	4:24	
8	Fri	5:36	8.1	6:12	7.2	11:48	0.1			7:14	4:25	
9	Sat	6:37	7.9	7:19	6.9	12:04	0.5	12:56	0.2	7:13	4:26	
10	Sun	7:38	7.9	8:22	6.8	1:07	0.8	2:01	0.2	7:13	4:27	
11	Mon	8:36	7.9	9:19	6.8	2:09	0.9	2:59	0.1	7:13	4:28	
12	Tue	9:28	7.9	10:10	6.9	3:04	0.9	3:50	0.0	7:12	4:29	
13	Wed	10:16	8.0	10:55	7.0	3:52	0.9	4:35	0.0	7:12	4:31	
14	Thu	10:59	8.0	11:36	7.0	4:36	0.8	5:16	-0.1	7:12	4:32	
15	Fri	11:39	8.0			5:17	0.7	5:53	-0.1	7:11	4:33	
16	Sat	12:14	7.1	12:16	8.0	5:54	0.7	6:27	0.0	7:11	4:34	
17	Sun	12:49	7.2	12:51	7.9	6:31	0.7	7:00	0.0	7:10	4:35	
18	Mon	1:23	7.2	1:26	7.7	7:06	0.7	7:32	0.1	7:09	4:37	
19	Tue	1:56	7.2	2:02	7.5	7:43	0.7	8:05	0.3	7:09	4:38	
20	Wed	2:30	7.2	2:40	7.2	8:22	0.8	8:41	0.5	7:08	4:39	
21	Thu	3:06	7.2	3:22	6.9	9:05	0.8	9:21	0.7	7:07	4:40	
22	Fri	3:47	7.2	4:09	6.7	9:52	0.8	10:05	0.9	7:07	4:42	
23	Sat	4:32	7.3	5:02	6.5	10:43	0.8	10:54	1.0	7:06	4:43	
24	Sun	5:23	7.4	6:01	6.4	11:40	0.8	11:49	1.1	7:05	4:44	
25	Mon	6:20	7.5	7:05	6.4			12:43	0.6	7:04	4:46	
26	Tue	7:22	7.8	8:11	6.7	12:50	1.0	1:47	0.3	7:03	4:47	
27	Wed	8:24	8.2	9:11	7.1	1:54	0.7	2:48	-0.2	7:03	4:48	
28	Thu	9:23	8.7	10:06	7.5	2:54	0.3	3:43	-0.7	7:02	4:49	
29	Fri	10:19	9.1	10:59	8.0	3:51	-0.2	4:36	-1.2	7:01	4:51	
30	Sat	11:13	9.4	11:50	8.5	4:46	-0.6	5:26	-1.5	7:00	4:52	
31	Sun			12:05	9.5	5:39	-1.0	6:15	-1.6	6:59	4:53	