US HARBORS www.USHarbors.com

Atlantic Heights, NH - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:50	9.3			5:25	-1.3	5:53	-1.4	6:18	5:32	
2	Tue	12:16	9.1	12:41	9.2	6:16	-1.4	6:40	-1.3	6:17	5:33	
3	Wed	1:04	9.2	1:32	8.8	7:07	-1.4	7:27	-0.9	6:15	5:34	
4	Thu	1:51	9.0	2:23	8.3	7:59	-1.1	8:16	-0.4	6:13	5:35	
5	Fri	2:41	8.7	3:18	7.7	8:53	-0.7	9:08	0.1	6:12	5:37	
6	Sat	3:34	8.2	4:16	7.2	9:50	-0.2	10:03	0.7	6:10	5:38	
7	Sun	4:31	7.8	5:18	6.7	10:51	0.3	11:03	1.1	6:08	5:39	
8	Mon	5:33	7.4	6:23	6.4	11:56	0.7			6:06	5:40	
9	Tue	6:38	7.2	7:27	6.4	12:09	1.4	1:04	0.8	6:05	5:41	
10	Wed	7:42	7.1	8:26	6.5	1:16	1.5	2:06	0.8	6:03	5:43	
11	Thu	8:40	7.2	9:17	6.7	2:17	1.3	2:58	0.7	6:01	5:44	
12	Fri	9:29	7.4	10:00	7.0	3:08	1.1	3:42	0.5	5:59	5:45	
13	Sat	10:12	7.5	10:39	7.3	3:52	0.8	4:20	0.4	5:58	5:46	
14	Sun	11:51	7.6			5:32	0.5	5:54	0.3	6:56	6:47	
15	Mon	12:14	7.5	12:28	7.7	6:08	0.3	6:25	0.2	6:54	6:49	
16	Tue	12:46	7.7	1:04	7.7	6:42	0.2	6:56	0.2	6:52	6:50	
17	Wed	1:17	7.8	1:38	7.6	7:16	0.0	7:27	0.3	6:51	6:51	
18	Thu	1:48	7.9	2:12	7.5	7:51	0.0	8:00	0.4	6:49	6:52	
19	Fri	2:20	8.0	2:48	7.3	8:27	0.0	8:37	0.5	6:47	6:53	
20	Sat	2:56	8.0	3:28	7.1	9:08	0.0	9:18	0.6	6:45	6:55	
21	Sun	3:37	7.9	4:15	6.9	9:54	0.1	10:04	0.8	6:44	6:56	
22	Mon	4:26	7.8	5:09	6.7	10:47	0.3	10:59	0.9	6:42	6:57	
23	Tue	5:23	7.8	6:11	6.7	11:46	0.3	11:59	1.0	6:40	6:58	
24	Wed	6:27	7.7	7:18	6.8			12:50	0.3	6:38	6:59	
25	Thu	7:36	7.8	8:26	7.1	1:06	0.9	1:57	0.2	6:36	7:00	
26	Fri	8:46	8.1	9:29	7.6	2:17	0.6	3:02	-0.2	6:35	7:02	
27	Sat	9:50	8.4	10:24	8.2	3:23	0.1	3:59	-0.5	6:33	7:03	
28	Sun	10:48	8.7	11:16	8.7	4:22	-0.5	4:52	-0.8	6:31	7:04	
29	Mon	11:42	8.9			5:17	-1.0	5:41	-1.0	6:29	7:05	
30	Tue	12:05	9.1	12:34	8.9	6:09	-1.3	6:29	-0.9	6:28	7:06	
31	Wed	12:52	9.3	1:24	8.7	7:00	-1.4	7:16	-0.7	6:26	7:08	