US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jun 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:08	8.0	3:53	7.1	9:26	0.2	9:34	1.2	5:06	8:15	
2	Wed	3:54	7.7	4:39	7.0	10:10	0.5	10:22	1.4	5:05	8:16	
3	Thu	4:42	7.4	5:26	7.0	10:54	0.7	11:13	1.5	5:05	8:17	
4	Fri	5:32	7.1	6:13	7.0	11:39	0.9			5:04	8:17	
5	Sat	6:24	6.9	7:00	7.1	12:06	1.5	12:25	1.1	5:04	8:18	
6	Sun	7:17	6.7	7:48	7.2	1:00	1.5	1:12	1.2	5:04	8:19	
7	Mon	8:13	6.6	8:36	7.4	1:55	1.3	2:02	1.3	5:03	8:19	
8	Tue	9:08	6.6	9:22	7.7	2:49	1.0	2:51	1.3	5:03	8:20	
9	Wed	9:59	6.8	10:07	8.0	3:39	0.7	3:39	1.1	5:03	8:21	
10	Thu	10:47	6.9	10:51	8.3	4:26	0.3	4:25	1.0	5:03	8:21	
11	Fri	11:34	7.2	11:37	8.6	5:11	0.0	5:11	0.7	5:03	8:22	
12	Sat			12:21	7.4	5:57	-0.3	5:58	0.5	5:02	8:22	
13	Sun	12:24	8.9	1:08	7.6	6:44	-0.6	6:47	0.3	5:02	8:23	
14	Mon	1:12	9.1	1:56	7.8	7:31	-0.8	7:38	0.2	5:02	8:23	
15	Tue	2:02	9.1	2:46	7.9	8:20	-0.9	8:30	0.1	5:02	8:24	
16	Wed	2:54	9.0	3:38	8.1	9:10	-0.8	9:26	0.1	5:02	8:24	
17	Thu	3:49	8.8	4:33	8.2	10:02	-0.7	10:25	0.2	5:02	8:24	
18	Fri	4:47	8.5	5:29	8.3	10:57	-0.5	11:27	0.2	5:03	8:25	
19	Sat	5:49	8.1	6:26	8.3	11:53	-0.2			5:03	8:25	
20	Sun	6:52	7.7	7:25	8.4	12:30	0.2	12:50	0.1	5:03	8:25	
21	Mon	7:58	7.5	8:24	8.4	1:36	0.2	1:50	0.4	5:03	8:26	
22	Tue	9:03	7.3	9:21	8.5	2:41	0.1	2:51	0.6	5:03	8:26	
23	Wed	10:03	7.3	10:16	8.5	3:42	-0.1	3:48	0.7	5:04	8:26	
24	Thu	10:59	7.3	11:06	8.5	4:37	-0.2	4:41	0.7	5:04	8:26	
25	Fri	11:50	7.3	11:54	8.5	5:28	-0.2	5:30	0.8	5:04	8:26	
26	Sat			12:37	7.3	6:15	-0.2	6:16	0.8	5:05	8:26	
27	Sun	12:40	8.4	1:21	7.3	6:59	-0.2	7:00	0.9	5:05	8:26	
28	Mon	1:22	8.3	2:03	7.3	7:40	-0.1	7:42	0.9	5:05	8:26	
29	Tue	2:03	8.2	2:42	7.2	8:18	0.1	8:22	1.0	5:06	8:26	
30	Wed	2:42	8.0	3:21	7.2	8:55	0.2	9:04	1.1	5:06	8:26	