US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:23	7.7	4:01	7.2	9:33	0.4	9:47	1.2	5:07	8:26	
2	Fri	4:05	7.4	4:42	7.2	10:11	0.6	10:33	1.3	5:08	8:26	
3	Sat	4:50	7.1	5:24	7.3	10:52	0.8	11:21	1.3	5:08	8:26	
4	Sun	5:38	6.9	6:07	7.3	11:34	1.0			5:09	8:25	
5	Mon	6:28	6.6	6:53	7.4	12:11	1.3	12:19	1.2	5:09	8:25	
6	Tue	7:22	6.5	7:42	7.5	1:03	1.2	1:09	1.3	5:10	8:25	
7	Wed	8:19	6.5	8:35	7.8	2:00	1.0	2:02	1.3	5:11	8:24	
8	Thu	9:17	6.6	9:28	8.1	2:57	0.7	2:57	1.2	5:11	8:24	
9	Fri	10:12	6.8	10:20	8.5	3:51	0.4	3:51	0.9	5:12	8:24	
10	Sat	11:04	7.1	11:11	8.8	4:42	-0.1	4:43	0.6	5:13	8:23	
11	Sun	11:55	7.5			5:32	-0.5	5:36	0.2	5:14	8:23	
12	Mon	12:03	9.1	12:46	7.9	6:22	-0.8	6:29	-0.1	5:14	8:22	
13	Tue	12:55	9.3	1:36	8.2	7:11	-1.1	7:22	-0.3	5:15	8:21	
14	Wed	1:47	9.4	2:26	8.5	8:00	-1.2	8:16	-0.4	5:16	8:21	
15	Thu	2:40	9.2	3:17	8.6	8:50	-1.1	9:11	-0.4	5:17	8:20	
16	Fri	3:34	8.9	4:10	8.7	9:41	-0.9	10:09	-0.3	5:18	8:20	
17	Sat	4:32	8.5	5:06	8.6	10:34	-0.5	11:10	-0.1	5:19	8:19	
18	Sun	5:33	8.0	6:03	8.5	11:30	-0.1			5:19	8:18	
19	Mon	6:36	7.6	7:01	8.4	12:13	0.0	12:28	0.3	5:20	8:17	
20	Tue	7:41	7.2	8:02	8.2	1:18	0.2	1:29	0.7	5:21	8:17	
21	Wed	8:47	7.0	9:03	8.2	2:25	0.3	2:32	0.9	5:22	8:16	
22	Thu	9:48	7.0	10:00	8.2	3:28	0.2	3:33	1.0	5:23	8:15	
23	Fri	10:43	7.0	10:52	8.2	4:24	0.2	4:26	1.0	5:24	8:14	
24	Sat	11:33	7.1	11:39	8.2	5:13	0.1	5:15	0.9	5:25	8:13	
25	Sun			12:18	7.2	5:58	0.1	5:59	0.9	5:26	8:12	
26	Mon	12:22	8.2	12:59	7.2	6:39	0.1	6:40	0.8	5:27	8:11	
27	Tue	1:03	8.1	1:37	7.3	7:15	0.1	7:19	0.8	5:28	8:10	
28	Wed	1:40	8.0	2:12	7.4	7:49	0.2	7:57	0.8	5:29	8:09	
29	Thu	2:16	7.9	2:46	7.4	8:22	0.3	8:34	0.9	5:30	8:08	
30	Fri	2:53	7.6	3:21	7.4	8:55	0.4	9:13	0.9	5:31	8:07	
31	Sat	3:31	7.4	3:56	7.4	9:30	0.6	9:54	1.0	5:32	8:06	