US HARBORS www.USHarbors.com

Atlantic Heights, NH - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:12	7.1	4:35	7.4	10:08	0.8	10:39	1.0	5:33	8:04	
2	Mon	4:57	6.9	5:18	7.4	10:50	1.0	11:27	1.0	5:34	8:03	
3	Tue	5:46	6.6	6:05	7.5	11:36	1.2			5:35	8:02	
4	Wed	6:39	6.5	6:58	7.6	12:20	1.0	12:27	1.3	5:37	8:01	
5	Thu	7:38	6.4	7:55	7.8	1:18	0.9	1:23	1.2	5:38	8:00	
6	Fri	8:41	6.6	8:56	8.1	2:20	0.7	2:24	1.1	5:39	7:58	
7	Sat	9:41	6.9	9:54	8.5	3:20	0.3	3:24	0.7	5:40	7:57	
8	Sun	10:37	7.3	10:50	8.9	4:16	-0.2	4:21	0.3	5:41	7:56	
9	Mon	11:30	7.8	11:44	9.3	5:08	-0.6	5:17	-0.2	5:42	7:54	
10	Tue			12:21	8.3	5:58	-1.0	6:11	-0.5	5:43	7:53	
11	Wed	12:37	9.5	1:12	8.7	6:48	-1.2	7:05	-0.8	5:44	7:51	
12	Thu	1:30	9.4	2:02	9.0	7:37	-1.3	7:58	-0.9	5:45	7:50	
13	Fri	2:23	9.2	2:52	9.1	8:26	-1.1	8:53	-0.9	5:46	7:49	
14	Sat	3:17	8.8	3:44	9.0	9:16	-0.8	9:49	-0.6	5:47	7:47	
15	Sun	4:14	8.3	4:39	8.8	10:09	-0.3	10:49	-0.3	5:48	7:46	
16	Mon	5:14	7.8	5:37	8.5	11:06	0.2	11:52	0.0	5:50	7:44	
17	Tue	6:17	7.3	6:38	8.2			12:06	0.6	5:51	7:43	
18	Wed	7:22	7.0	7:41	7.9	12:58	0.3	1:09	1.0	5:52	7:41	
19	Thu	8:28	6.8	8:45	7.8	2:05	0.5	2:14	1.2	5:53	7:39	
20	Fri	9:29	6.8	9:43	7.9	3:09	0.5	3:16	1.2	5:54	7:38	
21	Sat	10:23	6.9	10:34	7.9	4:04	0.4	4:10	1.0	5:55	7:36	
22	Sun	11:10	7.1	11:20	8.0	4:52	0.3	4:57	0.9	5:56	7:35	
23	Mon	11:52	7.2			5:34	0.3	5:39	0.8	5:57	7:33	
24	Tue	12:01	8.0	12:30	7.4	6:11	0.2	6:18	0.7	5:58	7:31	
25	Wed	12:39	8.0	1:05	7.5	6:45	0.3	6:55	0.6	5:59	7:30	
26	Thu	1:15	7.9	1:38	7.6	7:16	0.3	7:30	0.6	6:00	7:28	
27	Fri	1:50	7.7	2:09	7.6	7:47	0.4	8:05	0.6	6:02	7:27	
28	Sat	2:25	7.5	2:41	7.7	8:19	0.6	8:41	0.6	6:03	7:25	
29	Sun	3:00	7.3	3:15	7.6	8:53	0.7	9:20	0.7	6:04	7:23	
30	Mon	3:39	7.1	3:53	7.6	9:31	0.9	10:03	0.7	6:05	7:21	
31	Tue	4:22	6.8	4:37	7.6	10:13	1.1	10:52	0.8	6:06	7:20	