US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:48	8.4	9:31	7.3	2:19	0.5	3:09	-0.4	7:14	4:18	
2	Sun	9:42	8.5	10:25	7.4	3:16	0.4	4:03	-0.5	7:14	4:19	
3	Mon	10:33	8.6	11:14	7.4	4:08	0.4	4:52	-0.6	7:14	4:20	
4	Tue	11:21	8.5			4:57	0.3	5:38	-0.6	7:14	4:21	
5	Wed	12:00	7.5	12:05	8.4	5:42	0.3	6:20	-0.5	7:14	4:22	
6	Thu	12:42	7.5	12:47	8.3	6:25	0.4	6:59	-0.3	7:14	4:23	
7	Fri	1:22	7.4	1:27	8.0	7:07	0.5	7:37	-0.1	7:14	4:24	
8	Sat	2:01	7.3	2:07	7.7	7:48	0.6	8:14	0.2	7:14	4:25	
9	Sun	2:40	7.3	2:49	7.3	8:31	0.8	8:53	0.5	7:13	4:26	
10	Mon	3:21	7.2	3:34	7.0	9:16	1.0	9:34	0.7	7:13	4:27	
11	Tue	4:04	7.1	4:23	6.6	10:04	1.1	10:18	1.0	7:13	4:28	
12	Wed	4:50	7.0	5:15	6.4	10:55	1.2	11:05	1.2	7:12	4:29	
13	Thu	5:38	7.0	6:12	6.2	11:50	1.2	11:56	1.4	7:12	4:30	
14	Fri	6:31	7.1	7:11	6.2			12:48	1.1	7:12	4:31	
15	Sat	7:26	7.3	8:10	6.3	12:52	1.4	1:47	0.8	7:11	4:33	
16	Sun	8:20	7.6	9:03	6.6	1:48	1.2	2:41	0.4	7:11	4:34	
17	Mon	9:10	8.0	9:51	6.9	2:41	0.9	3:29	0.0	7:10	4:35	
18	Tue	9:58	8.4	10:38	7.3	3:31	0.5	4:16	-0.5	7:10	4:36	
19	Wed	10:46	8.8	11:24	7.7	4:19	0.1	5:01	-0.9	7:09	4:38	
20	Thu	11:33	9.1			5:08	-0.3	5:46	-1.2	7:08	4:39	
21	Fri	12:10	8.1	12:21	9.2	5:57	-0.6	6:32	-1.3	7:08	4:40	
22	Sat	12:55	8.4	1:10	9.1	6:47	-0.8	7:18	-1.3	7:07	4:41	
23	Sun	1:42	8.6	2:00	8.9	7:38	-0.8	8:06	-1.1	7:06	4:43	
24	Mon	2:32	8.7	2:54	8.5	8:32	-0.7	8:57	-0.8	7:05	4:44	
25	Tue	3:25	8.6	3:53	8.0	9:30	-0.5	9:51	-0.4	7:04	4:45	
26	Wed	4:22	8.4	4:56	7.5	10:32	-0.3	10:50	0.1	7:04	4:47	
27	Thu	5:22	8.2	6:03	7.1	11:38	0.0	11:53	0.5	7:03	4:48	
28	Fri	6:27	8.0	7:13	6.9			12:48	0.1	7:02	4:49	
29	Sat	7:33	7.9	8:21	6.9	1:00	0.7	1:57	0.1	7:01	4:50	
30	Sun	8:36	8.0	9:20	7.0	2:07	0.8	2:59	0.0	7:00	4:52	
31	Mon	9:32	8.1	10:13	7.1	3:06	0.7	3:52	-0.2	6:59	4:53	