

































## Atlantic Heights, NH - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:58	7.3	8:42	6.7	1:32	1.2	2:20	0.5	6:18	5:31	
2	Sat	8:54	7.4	9:33	6.8	2:31	1.1	3:13	0.4	6:17	5:33	
3	Sun	9:43	7.6	10:18	7.0	3:22	1.0	3:59	0.3	6:15	5:34	
4	Mon	10:27	7.7	10:58	7.2	4:06	0.8	4:39	0.1	6:14	5:35	
5	Tue	11:06	7.8	11:35	7.3	4:46	0.6	5:15	0.1	6:12	5:36	
6	Wed	11:43	7.9			5:22	0.4	5:47	0.0	6:10	5:38	
7	Thu	12:08	7.5	12:18	7.9	5:57	0.3	6:18	0.0	6:08	5:39	
8	Fri	12:40	7.6	12:52	7.8	6:30	0.2	6:49	0.1	6:07	5:40	
9	Sat	1:11	7.6	1:26	7.7	7:05	0.2	7:21	0.2	6:05	5:41	
10	Sun	1:42	7.7	3:01	7.5	8:41	0.2	8:56	0.3	7:03	6:42	
11	Mon	3:16	7.7	3:40	7.3	9:21	0.2	9:35	0.5	7:02	6:44	
12	Tue	3:55	7.7	4:25	7.1	10:05	0.3	10:20	0.7	7:00	6:45	
13	Wed	4:41	7.7	5:17	6.9	10:56	0.3	11:10	0.8	6:58	6:46	
14	Thu	5:33	7.6	6:16	6.7	11:52	0.4			6:56	6:47	
15	Fri	6:33	7.7	7:22	6.8	12:08	0.9	12:55	0.3	6:55	6:48	
16	Sat	7:40	7.8	8:31	7.0	1:11	0.9	2:03	0.1	6:53	6:50	
17	Sun	8:49	8.1	9:35	7.4	2:19	0.6	3:09	-0.2	6:51	6:51	
18	Mon	9:53	8.5	10:33	7.9	3:25	0.2	4:08	-0.6	6:49	6:52	
19	Tue	10:52	8.9	11:27	8.4	4:25	-0.3	5:03	-1.0	6:47	6:53	
20	Wed	11:47	9.2			5:21	-0.8	5:54	-1.3	6:46	6:54	
21	Thu	12:18	8.8	12:40	9.3	6:14	-1.2	6:43	-1.4	6:44	6:56	
22	Fri	1:07	9.1	1:32	9.2	7:06	-1.4	7:31	-1.2	6:42	6:57	
23	Sat	1:54	9.2	2:22	8.9	7:57	-1.3	8:18	-0.9	6:40	6:58	
24	Sun	2:41	9.0	3:13	8.5	8:48	-1.1	9:06	-0.4	6:39	6:59	
25	Mon	3:30	8.7	4:06	7.9	9:40	-0.7	9:57	0.1	6:37	7:00	
26	Tue	4:21	8.3	5:03	7.4	10:36	-0.2	10:51	0.7	6:35	7:01	
27	Wed	5:17	7.8	6:03	6.9	11:34	0.2	11:50	1.1	6:33	7:03	
28	Thu	6:16	7.4	7:05	6.7			12:36	0.6	6:31	7:04	
29	Fri	7:18	7.2	8:08	6.5	12:52	1.4	1:41	0.8	6:30	7:05	
30	Sat	8:22	7.1	9:07	6.6	1:58	1.5	2:44	0.8	6:28	7:06	
31	Sun	9:20	7.2	9:59	6.8	2:59	1.4	3:38	0.7	6:26	7:07	