

































## Atlantic Heights, NH - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:02	7.1	7:53	6.2	12:33	1.6	1:30	0.9	6:18	5:31	
2	Thu	8:05	7.1	8:51	6.3	1:39	1.6	2:31	0.8	6:17	5:33	
3	Fri	9:00	7.2	9:40	6.5	2:37	1.5	3:21	0.6	6:15	5:34	
4	Sat	9:47	7.4	10:22	6.8	3:26	1.2	4:04	0.4	6:13	5:35	
5	Sun	10:30	7.6	11:01	7.0	4:08	0.9	4:42	0.3	6:12	5:36	
6	Mon	11:08	7.8	11:36	7.3	4:47	0.7	5:16	0.1	6:10	5:38	
7	Tue	11:44	7.8			5:23	0.5	5:47	0.1	6:08	5:39	
8	Wed	12:08	7.5	12:19	7.8	5:57	0.3	6:17	0.0	6:07	5:40	
9	Thu	12:39	7.6	12:52	7.8	6:31	0.2	6:48	0.1	6:05	5:41	
10	Fri	1:09	7.8	1:27	7.6	7:07	0.1	7:21	0.2	6:03	5:42	
11	Sat	1:41	7.9	2:04	7.4	7:45	0.0	7:58	0.4	6:01	5:44	
12	Sun	3:16	7.9	3:46	7.2	9:27	0.1	9:39	0.6	7:00	6:45	
13	Mon	3:58	7.9	4:35	6.9	10:15	0.1	10:27	0.8	6:58	6:46	
14	Tue	4:48	7.8	5:32	6.7	11:09	0.3	11:21	1.0	6:56	6:47	
15	Wed	5:46	7.7	6:37	6.5			12:11	0.4	6:54	6:48	
16	Thu	6:52	7.7	7:48	6.6	12:24	1.1	1:19	0.4	6:53	6:50	
17	Fri	8:04	7.8	8:59	6.9	1:33	1.0	2:31	0.2	6:51	6:51	
18	Sat	9:15	8.1	10:02	7.3	2:45	0.7	3:36	-0.2	6:49	6:52	
19	Sun	10:18	8.5	10:57	7.9	3:51	0.2	4:33	-0.6	6:47	6:53	
20	Mon	11:15	8.8	11:48	8.4	4:49	-0.3	5:25	-0.9	6:46	6:54	
21	Tue			12:08	9.0	5:43	-0.7	6:13	-1.0	6:44	6:56	
22	Wed	12:36	8.8	12:59	9.0	6:35	-1.0	6:59	-1.0	6:42	6:57	
23	Thu	1:22	8.9	1:48	8.7	7:24	-1.1	7:44	-0.7	6:40	6:58	
24	Fri	2:06	8.9	2:36	8.4	8:12	-1.0	8:28	-0.3	6:39	6:59	
25	Sat	2:50	8.7	3:25	7.9	9:00	-0.7	9:13	0.2	6:37	7:00	
26	Sun	3:36	8.3	4:16	7.3	9:50	-0.3	10:01	0.7	6:35	7:01	
27	Mon	4:25	7.9	5:11	6.8	10:44	0.2	10:54	1.2	6:33	7:03	
28	Tue	5:19	7.4	6:10	6.5	11:41	0.6	11:51	1.6	6:31	7:04	
29	Wed	6:18	7.1	7:11	6.2			12:43	1.0	6:30	7:05	
30	Thu	7:21	6.9	8:14	6.2	12:54	1.8	1:48	1.1	6:28	7:06	
31	Fri	8:25	6.9	9:12	6.4	2:00	1.8	2:50	1.1	6:26	7:07	