
































Atlantic Heights, NH - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:17	7.0	10:28	8.1	3:58	0.6	4:02	0.9	5:06	8:15	
2	Fri	11:04	7.2	11:09	8.5	4:43	0.2	4:46	0.7	5:05	8:16	
3	Sat	11:50	7.4	11:53	8.8	5:27	-0.2	5:30	0.6	5:05	8:17	
4	Sun			12:38	7.5	6:13	-0.5	6:17	0.5	5:04	8:17	
5	Mon	12:40	9.0	1:26	7.6	7:01	-0.7	7:06	0.4	5:04	8:18	
6	Tue	1:29	9.1	2:16	7.6	7:50	-0.8	7:57	0.4	5:04	8:19	
7	Wed	2:20	9.0	3:09	7.6	8:42	-0.8	8:51	0.4	5:03	8:19	
8	Thu	3:15	8.9	4:06	7.6	9:36	-0.6	9:49	0.5	5:03	8:20	
9	Fri	4:14	8.6	5:05	7.7	10:33	-0.5	10:52	0.6	5:03	8:21	
10	Sat	5:16	8.3	6:05	7.8	11:32	-0.3	11:58	0.6	5:03	8:21	
11	Sun	6:21	8.0	7:05	8.0			12:30	0.0	5:03	8:22	
12	Mon	7:26	7.7	8:03	8.1	1:04	0.5	1:30	0.2	5:03	8:22	
13	Tue	8:31	7.5	9:00	8.3	2:11	0.4	2:28	0.4	5:02	8:23	
14	Wed	9:33	7.4	9:53	8.4	3:14	0.2	3:24	0.5	5:02	8:23	
15	Thu	10:30	7.4	10:42	8.5	4:10	-0.1	4:16	0.7	5:02	8:24	
16	Fri	11:22	7.3	11:28	8.5	5:01	-0.2	5:04	0.8	5:02	8:24	
17	Sat			12:11	7.3	5:49	-0.3	5:50	0.9	5:03	8:24	
18	Sun	12:13	8.4	12:57	7.2	6:34	-0.2	6:33	1.0	5:03	8:25	
19	Mon	12:56	8.3	1:40	7.1	7:17	-0.1	7:15	1.1	5:03	8:25	
20	Tue	1:37	8.2	2:21	7.0	7:57	0.1	7:56	1.2	5:03	8:25	
21	Wed	2:17	8.0	3:01	6.9	8:37	0.2	8:37	1.3	5:03	8:26	
22	Thu	2:58	7.8	3:42	6.9	9:16	0.4	9:20	1.4	5:03	8:26	
23	Fri	3:40	7.6	4:25	6.9	9:56	0.5	10:05	1.5	5:04	8:26	
24	Sat	4:24	7.4	5:08	6.9	10:38	0.7	10:53	1.5	5:04	8:26	
25	Sun	5:11	7.2	5:52	7.0	11:20	0.8	11:42	1.5	5:04	8:26	
26	Mon	6:00	6.9	6:36	7.1			12:03	1.0	5:05	8:26	
27	Tue	6:51	6.8	7:21	7.3	12:33	1.4	12:48	1.1	5:05	8:26	
28	Wed	7:45	6.7	8:08	7.6	1:27	1.2	1:36	1.1	5:05	8:26	
29	Thu	8:42	6.7	8:57	7.9	2:22	0.9	2:28	1.1	5:06	8:26	
30	Fri	9:37	6.8	9:47	8.3	3:17	0.5	3:20	1.0	5:06	8:26	