














## Atlantic Heights, NH - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:46	7.7	5:26	7.4	10:56	0.4	11:22	1.1	5:07	8:26	
2	Wed	5:40	7.3	6:15	7.4	11:44	0.7			5:08	8:26	
3	Thu	6:35	6.9	7:04	7.3	12:18	1.2	12:32	1.1	5:08	8:25	
4	Fri	7:31	6.6	7:54	7.3	1:15	1.2	1:21	1.4	5:09	8:25	
5	Sat	8:29	6.4	8:44	7.4	2:13	1.2	2:13	1.6	5:10	8:25	
6	Sun	9:25	6.3	9:33	7.5	3:08	1.1	3:05	1.7	5:10	8:25	
7	Mon	10:16	6.4	10:19	7.6	3:59	0.9	3:53	1.6	5:11	8:24	
8	Tue	11:04	6.5	11:03	7.8	4:44	0.7	4:38	1.5	5:12	8:24	
9	Wed	11:48	6.6	11:45	8.0	5:27	0.5	5:20	1.4	5:12	8:23	
10	Thu			12:30	6.8	6:07	0.3	6:01	1.2	5:13	8:23	
11	Fri	12:26	8.1	1:10	6.9	6:46	0.1	6:42	1.0	5:14	8:22	
12	Sat	1:07	8.3	1:49	7.1	7:24	0.0	7:24	0.9	5:15	8:22	
13	Sun	1:47	8.4	2:27	7.4	8:02	-0.2	8:07	0.7	5:16	8:21	
14	Mon	2:29	8.4	3:08	7.6	8:42	-0.3	8:53	0.5	5:16	8:21	
15	Tue	3:13	8.3	3:50	7.8	9:24	-0.3	9:43	0.4	5:17	8:20	
16	Wed	4:01	8.1	4:37	8.1	10:09	-0.2	10:36	0.3	5:18	8:19	
17	Thu	4:54	7.9	5:27	8.2	10:58	0.0	11:33	0.2	5:19	8:19	
18	Fri	5:52	7.6	6:20	8.3	11:49	0.2			5:20	8:18	
19	Sat	6:53	7.3	7:17	8.4	12:33	0.2	12:45	0.4	5:21	8:17	
20	Sun	7:59	7.2	8:19	8.5	1:37	0.1	1:46	0.6	5:22	8:16	
21	Mon	9:06	7.1	9:22	8.6	2:44	0.0	2:50	0.7	5:23	8:15	
22	Tue	10:10	7.2	10:22	8.8	3:48	-0.2	3:52	0.6	5:24	8:15	
23	Wed	11:09	7.3	11:19	8.9	4:47	-0.4	4:51	0.5	5:25	8:14	
24	Thu			12:05	7.5	5:42	-0.6	5:46	0.4	5:26	8:13	
25	Fri	12:14	8.9	12:57	7.6	6:34	-0.6	6:38	0.3	5:27	8:12	
26	Sat	1:05	8.9	1:45	7.7	7:22	-0.6	7:28	0.3	5:28	8:11	
27	Sun	1:53	8.7	2:30	7.7	8:06	-0.4	8:16	0.4	5:29	8:10	
28	Mon	2:39	8.3	3:13	7.7	8:49	-0.1	9:04	0.6	5:30	8:09	
29	Tue	3:24	7.9	3:56	7.6	9:31	0.2	9:52	0.8	5:31	8:07	
30	Wed	4:11	7.5	4:40	7.5	10:13	0.6	10:41	0.9	5:32	8:06	
31	Thu	5:00	7.1	5:25	7.4	10:56	1.0	11:32	1.1	5:33	8:05	