

































Atlantic Heights, NH - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:29	8.7	9:14	7.5	1:59	0.2	2:51	-0.6	7:14	4:18	
2	Wed	9:28	9.0	10:12	7.8	3:00	0.0	3:48	-1.0	7:14	4:19	
3	Thu	10:24	9.2	11:07	8.0	3:57	-0.2	4:43	-1.2	7:14	4:20	
4	Fri	11:18	9.2	11:59	8.1	4:52	-0.3	5:35	-1.3	7:14	4:21	
5	Sat			12:10	9.2	5:44	-0.4	6:24	-1.2	7:14	4:22	
6	Sun	12:49	8.1	1:00	8.9	6:35	-0.3	7:12	-1.0	7:14	4:23	
7	Mon	1:36	8.0	1:48	8.6	7:25	-0.1	7:58	-0.6	7:14	4:24	
8	Tue	2:24	7.9	2:37	8.1	8:16	0.1	8:44	-0.2	7:14	4:25	
9	Wed	3:12	7.7	3:28	7.6	9:08	0.4	9:31	0.2	7:13	4:26	
10	Thu	4:01	7.5	4:22	7.1	10:02	0.7	10:20	0.7	7:13	4:27	
11	Fri	4:51	7.3	5:17	6.7	10:58	0.9	11:10	1.0	7:13	4:28	
12	Sat	5:42	7.2	6:15	6.4	11:56	1.0			7:12	4:30	
13	Sun	6:36	7.1	7:15	6.3	12:03	1.3	12:56	1.0	7:12	4:31	
14	Mon	7:31	7.2	8:13	6.3	1:00	1.4	1:55	0.9	7:11	4:32	
15	Tue	8:24	7.3	9:05	6.4	1:56	1.4	2:47	0.7	7:11	4:33	
16	Wed	9:12	7.5	9:51	6.6	2:46	1.3	3:32	0.5	7:10	4:34	
17	Thu	9:56	7.8	10:34	6.8	3:30	1.1	4:13	0.2	7:10	4:36	
18	Fri	10:37	8.0	11:13	7.1	4:11	0.8	4:51	-0.1	7:09	4:37	
19	Sat	11:16	8.2	11:51	7.3	4:51	0.6	5:28	-0.3	7:09	4:38	
20	Sun	11:55	8.4			5:31	0.3	6:04	-0.5	7:08	4:39	
21	Mon	12:27	7.6	12:33	8.4	6:11	0.1	6:41	-0.6	7:07	4:41	
22	Tue	1:04	7.8	1:14	8.4	6:53	-0.1	7:20	-0.6	7:07	4:42	
23	Wed	1:43	8.0	1:56	8.3	7:37	-0.2	8:01	-0.6	7:06	4:43	
24	Thu	2:25	8.1	2:44	8.0	8:25	-0.2	8:47	-0.4	7:05	4:44	
25	Fri	3:12	8.2	3:37	7.7	9:17	-0.2	9:37	-0.2	7:04	4:46	
26	Sat	4:04	8.2	4:36	7.4	10:15	-0.1	10:32	0.1	7:03	4:47	
27	Sun	5:01	8.2	5:40	7.1	11:17	0.0	11:32	0.4	7:02	4:48	
28	Mon	6:04	8.1	6:50	7.0			12:25	0.0	7:01	4:50	
29	Tue	7:12	8.2	8:01	7.0	12:38	0.5	1:36	-0.1	7:00	4:51	
30	Wed	8:19	8.3	9:06	7.3	1:47	0.4	2:42	-0.4	6:59	4:52	
31	Thu	9:21	8.6	10:03	7.5	2:52	0.2	3:40	-0.6	6:58	4:54	