



## Atlantic Heights, NH - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:06	8.9	11:44	7.9	4:41	0.0	5:20	-0.9	7:14	4:19	☀
2	Sun	11:52	9.1			5:28	-0.2	6:05	-1.2	7:14	4:20	☀
3	Mon	12:30	8.1	12:40	9.2	6:16	-0.4	6:52	-1.3	7:14	4:20	☀
4	Tue	1:17	8.3	1:29	9.1	7:06	-0.5	7:40	-1.2	7:14	4:21	☀
5	Wed	2:06	8.4	2:21	8.9	7:58	-0.5	8:30	-1.1	7:14	4:22	☀
6	Thu	2:58	8.4	3:17	8.5	8:54	-0.4	9:24	-0.8	7:14	4:23	☀
7	Fri	3:55	8.3	4:18	8.1	9:55	-0.2	10:21	-0.4	7:14	4:24	☀
8	Sat	4:54	8.3	5:22	7.7	10:58	-0.1	11:21	-0.1	7:13	4:25	☀
9	Sun	5:55	8.2	6:30	7.4			12:05	0.0	7:13	4:27	☀
10	Mon	6:58	8.2	7:37	7.3	12:24	0.2	1:14	0.0	7:13	4:28	☀
11	Tue	8:01	8.2	8:41	7.3	1:29	0.3	2:19	-0.2	7:13	4:29	☀
12	Wed	8:59	8.3	9:38	7.4	2:30	0.4	3:17	-0.3	7:12	4:30	☀
13	Thu	9:51	8.4	10:29	7.5	3:25	0.3	4:08	-0.5	7:12	4:31	☀
14	Fri	10:40	8.4	11:16	7.5	4:15	0.3	4:55	-0.5	7:11	4:32	☀
15	Sat	11:25	8.4	11:59	7.6	5:01	0.2	5:38	-0.5	7:11	4:33	☀
16	Sun			12:06	8.3	5:44	0.3	6:18	-0.4	7:10	4:35	☀
17	Mon	12:39	7.5	12:46	8.2	6:24	0.3	6:54	-0.3	7:10	4:36	☀
18	Tue	1:17	7.5	1:24	8.0	7:03	0.4	7:30	-0.1	7:09	4:37	☀
19	Wed	1:54	7.4	2:02	7.7	7:42	0.5	8:06	0.1	7:08	4:38	☀
20	Thu	2:31	7.3	2:41	7.4	8:22	0.7	8:44	0.4	7:08	4:40	☀
21	Fri	3:10	7.2	3:25	7.1	9:05	0.8	9:24	0.6	7:07	4:41	☀
22	Sat	3:53	7.1	4:12	6.8	9:52	1.0	10:08	0.9	7:06	4:42	☀
23	Sun	4:38	7.1	5:03	6.5	10:42	1.1	10:55	1.0	7:06	4:43	☀
24	Mon	5:27	7.1	5:58	6.4	11:35	1.1	11:47	1.1	7:05	4:45	☀
25	Tue	6:19	7.2	6:57	6.4			12:33	0.9	7:04	4:46	☀
26	Wed	7:15	7.4	7:57	6.5	12:43	1.1	1:33	0.7	7:03	4:47	☀
27	Thu	8:11	7.7	8:52	6.9	1:41	0.9	2:29	0.3	7:02	4:49	☀
28	Fri	9:04	8.2	9:43	7.3	2:36	0.6	3:20	-0.2	7:01	4:50	☀
29	Sat	9:54	8.6	10:32	7.7	3:28	0.1	4:08	-0.7	7:00	4:51	☀
30	Sun	10:44	9.0	11:20	8.2	4:18	-0.3	4:56	-1.1	6:59	4:53	☀
31	Mon	11:33	9.3			5:08	-0.7	5:44	-1.4	6:58	4:54	☀