US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:01	8.6	9:49	7.3	2:34	0.6	3:28	-0.5	7:14	4:19	
2	Mon	10:01	9.0	10:43	7.6	3:34	0.2	4:22	-0.9	7:14	4:20	
3	Tue	10:55	9.3	11:37	7.9	4:28	-0.1	5:16	-1.3	7:14	4:20	
4	Wed	11:49	9.5			5:22	-0.3	6:04	-1.4	7:14	4:21	
5	Thu	12:31	8.1	12:43	9.5	6:16	-0.5	6:58	-1.4	7:14	4:22	
6	Fri	1:25	8.2	1:37	9.2	7:10	-0.5	7:52	-1.3	7:14	4:23	
7	Sat	2:13	8.3	2:31	8.8	8:04	-0.4	8:40	-0.9	7:14	4:24	
8	Sun	3:07	8.2	3:31	8.3	9:04	-0.2	9:34	-0.5	7:13	4:26	
9	Mon	4:07	8.1	4:31	7.7	10:04	0.0	10:28	0.0	7:13	4:27	
10	Tue	5:01	8.0	5:31	7.2	11:10	0.2	11:28	0.5	7:13	4:28	
11	Wed	6:01	7.8	6:37	6.8			12:16	0.4	7:12	4:29	
12	Thu	7:01	7.7	7:43	6.6	12:28	0.9	1:22	0.4	7:12	4:30	
13	Fri	7:55	7.6	8:43	6.6	1:28	1.1	2:22	0.4	7:12	4:31	
14	Sat	8:55	7.6	9:37	6.6	2:28	1.2	3:16	0.3	7:11	4:32	
15	Sun	9:43	7.7	10:25	6.7	3:16	1.1	4:04	0.2	7:11	4:34	
16	Mon	10:25	7.8	11:07	6.8	4:04	1.1	4:46	0.1	7:10	4:35	
17	Tue	11:07	7.9	11:43	6.9	4:46	1.0	5:28	0.1	7:10	4:36	
18	Wed	11:43	7.9			5:22	0.9	5:58	0.0	7:09	4:37	
19	Thu	12:19	7.0	12:19	7.9	5:58	0.8	6:34	0.0	7:08	4:38	
20	Fri	12:55	7.0	12:55	7.8	6:34	0.8	7:04	0.1	7:08	4:40	
21	Sat	1:25	7.1	1:31	7.7	7:10	0.7	7:34	0.1	7:07	4:41	
22	Sun	2:01	7.2	2:07	7.5	7:46	0.7	8:10	0.3	7:06	4:42	
23	Mon	2:31	7.2	2:43	7.2	8:28	0.7	8:46	0.4	7:05	4:44	
24	Tue	3:13	7.3	3:31	7.0	9:10	0.7	9:28	0.6	7:05	4:45	
25	Wed	3:55	7.4	4:19	6.7	9:58	0.7	10:16	0.8	7:04	4:46	
26	Thu	4:43	7.4	5:13	6.5	10:58	0.7	11:04	0.9	7:03	4:47	
27	Fri	5:31	7.6	6:13	6.4	11:58	0.6			7:02	4:49	
28	Sat	6:37	7.7	7:25	6.5	12:04	1.0	1:04	0.4	7:01	4:50	
29	Sun	7:43	8.0	8:31	6.8	1:10	0.9	2:10	0.0	7:00	4:51	
30	Mon	8:43	8.4	9:31	7.2	2:16	0.6	3:10	-0.5	6:59	4:53	
31	Tue	9:43	8.9	10:31	7.6	3:16	0.2	4:04	-0.9	6:58	4:54	