US HARBORS www.USHarbors.com

Atlantic Heights, NH - Mar 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:32	8.7	10:12	7.9	3:04	0.1	3:48	-0.8	6:17	5:32	
2	Thu	10:29	9.0	11:03	8.4	4:02	-0.4	4:40	-1.1	6:16	5:33	
3	Fri	11:22	9.1	11:51	8.8	4:56	-0.8	5:28	-1.2	6:14	5:35	
4	Sat			12:13	9.1	5:48	-1.1	6:14	-1.2	6:12	5:36	
5	Sun	12:37	8.9	1:02	8.8	6:38	-1.2	7:00	-0.9	6:11	5:37	
6	Mon	1:22	8.9	1:51	8.4	7:27	-1.0	7:45	-0.5	6:09	5:38	
7	Tue	2:08	8.7	2:41	7.8	8:17	-0.7	8:31	0.1	6:07	5:40	
8	Wed	2:55	8.3	3:34	7.3	9:09	-0.3	9:21	0.6	6:05	5:41	
9	Thu	3:47	7.8	4:31	6.8	10:05	0.2	10:15	1.1	6:04	5:42	
10	Fri	4:43	7.4	5:32	6.4	11:05	0.7	11:14	1.5	6:02	5:43	
11	Sat	5:43	7.1	6:36	6.1			12:10	1.0	6:00	5:44	
12	Sun	7:48	6.9	8:40	6.1	12:19	1.7	2:17	1.1	6:59	6:46	
13	Mon	8:51	7.0	9:36	6.3	2:26	1.7	3:16	1.0	6:57	6:47	
14	Tue	9:47	7.1	10:24	6.6	3:24	1.5	4:05	0.8	6:55	6:48	
15	Wed	10:34	7.3	11:06	6.9	4:13	1.2	4:47	0.6	6:53	6:49	
16	Thu	11:16	7.5	11:43	7.3	4:56	0.9	5:23	0.4	6:52	6:50	
17	Fri	11:54	7.7			5:34	0.6	5:55	0.2	6:50	6:52	
18	Sat	12:17	7.5	12:31	7.7	6:10	0.3	6:27	0.2	6:48	6:53	
19	Sun	12:48	7.8	1:06	7.7	6:45	0.1	6:58	0.2	6:46	6:54	
20	Mon	1:19	7.9	1:41	7.7	7:20	-0.1	7:31	0.2	6:44	6:55	
21	Tue	1:51	8.1	2:18	7.5	7:57	-0.2	8:07	0.3	6:43	6:56	
22	Wed	2:26	8.2	2:57	7.4	8:37	-0.2	8:46	0.5	6:41	6:58	
23	Thu	3:05	8.1	3:42	7.1	9:21	-0.1	9:31	0.6	6:39	6:59	
24	Fri	3:51	8.1	4:34	6.9	10:12	0.0	10:22	0.8	6:37	7:00	
25	Sat	4:45	7.9	5:34	6.7	11:09	0.2	11:21	1.0	6:36	7:01	
26	Sun	5:48	7.8	6:41	6.6			12:13	0.3	6:34	7:02	
27	Mon	6:57	7.8	7:52	6.8	12:27	1.1	1:22	0.3	6:32	7:03	
28	Tue	8:10	7.9	9:00	7.2	1:39	0.9	2:32	0.1	6:30	7:05	
29	Wed	9:19	8.1	10:00	7.7	2:50	0.6	3:34	-0.2	6:28	7:06	
30	Thu	10:20	8.4	10:52	8.2	3:54	0.0	4:28	-0.5	6:27	7:07	
31	Fri	11:15	8.6	11:41	8.7	4:50	-0.5	5:17	-0.7	6:25	7:08	