US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jul 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:31	8.1	2:12	7.0	7:50	0.2	7:49	1.2	5:07	8:26	
2	Sun	2:10	8.0	2:50	7.0	8:26	0.3	8:28	1.2	5:08	8:26	
3	Mon	2:48	7.8	3:27	7.1	9:01	0.4	9:08	1.3	5:09	8:25	
4	Tue	3:27	7.6	4:05	7.1	9:37	0.5	9:51	1.3	5:09	8:25	
5	Wed	4:08	7.4	4:45	7.2	10:15	0.6	10:36	1.3	5:10	8:25	
6	Thu	4:52	7.1	5:25	7.3	10:55	0.8	11:23	1.3	5:10	8:25	
7	Fri	5:40	6.9	6:08	7.4	11:37	1.0			5:11	8:24	
8	Sat	6:30	6.7	6:54	7.5	12:14	1.2	12:23	1.1	5:12	8:24	
9	Sun	7:25	6.6	7:45	7.7	1:07	1.0	1:13	1.2	5:13	8:23	
10	Mon	8:25	6.6	8:40	8.0	2:05	0.8	2:09	1.2	5:13	8:23	
11	Tue	9:25	6.7	9:36	8.3	3:04	0.5	3:06	1.0	5:14	8:22	
12	Wed	10:22	7.0	10:31	8.7	4:01	0.1	4:03	0.7	5:15	8:22	
13	Thu	11:17	7.3	11:26	9.1	4:56	-0.3	4:58	0.4	5:16	8:21	
14	Fri			12:12	7.6	5:49	-0.7	5:53	0.1	5:17	8:21	
15	Sat	12:21	9.3	1:05	8.0	6:41	-1.0	6:48	-0.2	5:17	8:20	
16	Sun	1:15	9.5	1:57	8.3	7:32	-1.2	7:44	-0.3	5:18	8:19	
17	Mon	2:09	9.4	2:49	8.5	8:23	-1.2	8:39	-0.4	5:19	8:19	
18	Tue	3:04	9.1	3:42	8.6	9:14	-1.0	9:37	-0.3	5:20	8:18	
19	Wed	4:00	8.7	4:36	8.6	10:06	-0.6	10:37	-0.1	5:21	8:17	
20	Thu	5:00	8.2	5:31	8.5	11:00	-0.2	11:38	0.1	5:22	8:16	
21	Fri	6:01	7.7	6:28	8.3	11:56	0.3			5:23	8:15	
22	Sat	7:04	7.2	7:26	8.1	12:42	0.2	12:54	0.7	5:24	8:14	
23	Sun	8:09	6.9	8:26	8.0	1:47	0.4	1:55	1.0	5:25	8:13	
24	Mon	9:12	6.8	9:25	7.9	2:52	0.4	2:56	1.2	5:26	8:13	
25	Tue	10:10	6.7	10:18	7.9	3:51	0.4	3:53	1.3	5:27	8:12	
26	Wed	11:02	6.8	11:07	8.0	4:43	0.3	4:43	1.2	5:28	8:11	
27	Thu	11:48	6.9	11:51	8.0	5:29	0.3	5:28	1.1	5:29	8:09	
28	Fri			12:30	7.0	6:11	0.2	6:09	1.1	5:30	8:08	
29	Sat	12:32	8.1	1:09	7.1	6:49	0.2	6:48	1.0	5:31	8:07	
30	Sun	1:10	8.0	1:44	7.2	7:23	0.2	7:25	1.0	5:32	8:06	
31	Mon	1:46	7.9	2:18	7.3	7:55	0.3	8:01	0.9	5:33	8:05	