US HARBORS www.USHarbors.com

Atlantic Heights, NH - Dec 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:43	7.5	4:59	7.8	10:35	0.6	11:10	0.0	6:55	4:09	
2	Sat	5:43	7.7	6:06	7.6	11:42	0.5			6:56	4:08	
3	Sun	6:43	8.0	7:13	7.5	12:10	0.2	12:49	0.3	6:57	4:08	
4	Mon	7:42	8.2	8:17	7.5	1:10	0.3	1:55	0.0	6:58	4:08	
5	Tue	8:37	8.5	9:16	7.5	2:09	0.3	2:53	-0.3	6:59	4:08	
6	Wed	9:28	8.6	10:09	7.6	3:03	0.3	3:47	-0.6	7:00	4:08	
7	Thu	10:17	8.7	11:00	7.5	3:53	0.4	4:37	-0.7	7:01	4:08	
8	Fri	11:04	8.7	11:48	7.5	4:41	0.4	5:24	-0.6	7:02	4:08	
9	Sat	11:50	8.6			5:27	0.5	6:09	-0.5	7:03	4:08	
10	Sun	12:32	7.4	12:33	8.4	6:11	0.7	6:52	-0.3	7:04	4:08	
11	Mon	1:16	7.2	1:16	8.2	6:54	0.8	7:34	-0.1	7:04	4:08	
12	Tue	1:58	7.1	1:58	7.9	7:37	1.0	8:16	0.2	7:05	4:08	
13	Wed	2:41	6.9	2:43	7.6	8:22	1.2	8:58	0.5	7:06	4:08	
14	Thu	3:26	6.8	3:30	7.2	9:09	1.3	9:42	0.7	7:07	4:08	
15	Fri	4:12	6.8	4:19	6.9	10:00	1.4	10:26	0.9	7:07	4:08	
16	Sat	4:59	6.8	5:11	6.7	10:52	1.5	11:12	1.1	7:08	4:09	
17	Sun	5:45	6.9	6:05	6.5	11:46	1.4	11:59	1.2	7:09	4:09	
18	Mon	6:33	7.0	7:02	6.4			12:42	1.2	7:09	4:09	
19	Tue	7:22	7.2	7:58	6.4	12:49	1.3	1:37	1.0	7:10	4:10	
20	Wed	8:10	7.5	8:50	6.6	1:40	1.3	2:29	0.6	7:10	4:10	
21	Thu	8:56	7.8	9:38	6.8	2:29	1.1	3:17	0.2	7:11	4:11	
22	Fri	9:42	8.2	10:25	7.0	3:16	0.9	4:03	-0.1	7:11	4:11	
23	Sat	10:28	8.5	11:12	7.2	4:03	0.6	4:49	-0.5	7:12	4:12	
24	Sun	11:16	8.8			4:51	0.4	5:36	-0.7	7:12	4:12	
25	Mon	12:00	7.5	12:05	9.0	5:39	0.2	6:24	-0.9	7:13	4:13	
26	Tue	12:48	7.7	12:55	9.0	6:30	0.0	7:12	-1.0	7:13	4:14	
27	Wed	1:37	7.8	1:46	8.9	7:22	-0.1	8:02	-0.9	7:13	4:14	
28	Thu	2:28	7.9	2:41	8.6	8:17	0.0	8:54	-0.7	7:13	4:15	
29	Fri	3:23	8.0	3:40	8.2	9:17	0.0	9:48	-0.4	7:14	4:16	
30	Sat	4:20	8.0	4:43	7.8	10:20	0.1	10:45	-0.1	7:14	4:17	
31	Sun	5:18	8.0	5:48	7.4	11:25	0.2	11:40	0.2	7:14	4:18	