US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:14	8.1	6:52	7.1			12:29	0.1	7:14	4:18	
2	Tue	7:15	8.1	7:59	7.0	12:42	0.5	1:36	0.0	7:14	4:19	
3	Wed	8:15	8.1	9:01	7.0	1:46	0.7	2:38	-0.1	7:14	4:20	
4	Thu	9:11	8.2	9:56	7.0	2:45	0.7	3:34	-0.2	7:14	4:21	
5	Fri	10:03	8.2	10:46	7.1	3:38	0.7	4:24	-0.3	7:14	4:22	
6	Sat	10:50	8.3	11:32	7.1	4:26	0.7	5:10	-0.3	7:14	4:23	
7	Sun	11:35	8.2			5:11	0.6	5:52	-0.3	7:14	4:24	
8	Mon	12:13	7.2	12:16	8.1	5:53	0.6	6:31	-0.2	7:13	4:25	
9	Tue	12:52	7.2	12:54	8.0	6:33	0.7	7:07	0.0	7:13	4:26	
10	Wed	1:29	7.1	1:32	7.8	7:12	0.8	7:42	0.1	7:13	4:27	
11	Thu	2:06	7.1	2:10	7.5	7:51	0.8	8:17	0.3	7:13	4:29	
12	Fri	2:43	7.1	2:51	7.2	8:33	1.0	8:54	0.6	7:12	4:30	
13	Sat	3:22	7.1	3:34	6.9	9:17	1.1	9:34	0.8	7:12	4:31	
14	Sun	4:03	7.0	4:22	6.5	10:04	1.1	10:17	1.1	7:11	4:32	
15	Mon	4:47	7.0	5:14	6.3	10:55	1.2	11:04	1.3	7:11	4:33	
16	Tue	5:35	7.1	6:11	6.1	11:50	1.1	11:56	1.4	7:10	4:34	
17	Wed	6:28	7.2	7:13	6.1			12:49	1.0	7:10	4:36	
18	Thu	7:25	7.4	8:13	6.3	12:53	1.4	1:50	0.7	7:09	4:37	
19	Fri	8:22	7.8	9:09	6.6	1:52	1.2	2:47	0.2	7:09	4:38	
20	Sat	9:17	8.2	10:01	7.0	2:48	0.8	3:38	-0.3	7:08	4:39	
21	Sun	10:08	8.7	10:50	7.5	3:41	0.4	4:28	-0.7	7:07	4:41	
22	Mon	10:59	9.1	11:39	7.9	4:32	-0.1	5:16	-1.1	7:06	4:42	
23	Tue	11:50	9.3			5:24	-0.5	6:04	-1.4	7:06	4:43	
24	Wed	12:27	8.3	12:40	9.3	6:15	-0.7	6:51	-1.4	7:05	4:45	
25	Thu	1:15	8.6	1:31	9.2	7:07	-0.9	7:38	-1.3	7:04	4:46	
26	Fri	2:04	8.7	2:24	8.8	8:01	-0.8	8:28	-1.0	7:03	4:47	
27	Sat	2:55	8.6	3:20	8.2	8:57	-0.7	9:20	-0.5	7:02	4:48	
28	Sun	3:49	8.5	4:21	7.7	9:57	-0.4	10:16	0.0	7:01	4:50	
29	Mon	4:47	8.2	5:26	7.2	11:01	-0.1	11:15	0.5	7:00	4:51	
30	Tue	5:48	8.0	6:34	6.8			12:08	0.2	6:59	4:52	
31	Wed	6:53	7.8	7:43	6.6	12:20	0.9	1:19	0.3	6:58	4:54	