US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:51	8.5	8:30	7.6	1:21	0.1	2:08	-0.4	7:14	4:19	
2	Thu	8:50	8.9	9:30	7.9	2:21	-0.1	3:07	-0.9	7:14	4:20	
3	Fri	9:46	9.3	10:26	8.2	3:19	-0.4	4:03	-1.3	7:14	4:21	
4	Sat	10:41	9.5	11:22	8.4	4:14	-0.7	4:57	-1.6	7:14	4:21	
5	Sun	11:35	9.6			5:09	-0.8	5:50	-1.7	7:14	4:22	
6	Mon	12:15	8.5	12:29	9.6	6:03	-0.8	6:42	-1.6	7:14	4:23	
7	Tue	1:08	8.6	1:22	9.3	6:57	-0.7	7:33	-1.4	7:14	4:25	
8	Wed	2:00	8.4	2:15	8.9	7:51	-0.5	8:25	-1.0	7:13	4:26	
9	Thu	2:53	8.2	3:11	8.4	8:47	-0.2	9:19	-0.5	7:13	4:27	
10	Fri	3:48	8.0	4:09	7.8	9:46	0.1	10:13	-0.1	7:13	4:28	
11	Sat	4:44	7.8	5:09	7.3	10:47	0.4	11:09	0.4	7:12	4:29	
12	Sun	5:40	7.6	6:09	7.0	11:49	0.6			7:12	4:30	
13	Mon	6:37	7.5	7:11	6.7	12:06	0.7	12:52	0.7	7:12	4:31	
14	Tue	7:34	7.4	8:10	6.7	1:05	1.0	1:52	0.7	7:11	4:32	
15	Wed	8:27	7.5	9:03	6.7	2:01	1.0	2:46	0.5	7:11	4:34	
16	Thu	9:15	7.6	9:50	6.8	2:51	1.0	3:33	0.3	7:10	4:35	
17	Fri	9:58	7.8	10:34	7.0	3:36	0.9	4:15	0.2	7:10	4:36	
18	Sat	10:39	7.9	11:14	7.1	4:17	0.8	4:53	0.0	7:09	4:37	
19	Sun	11:17	8.0	11:51	7.2	4:54	0.6	5:29	-0.1	7:08	4:38	
20	Mon	11:54	8.1			5:31	0.5	6:03	-0.2	7:08	4:40	
21	Tue	12:26	7.3	12:29	8.1	6:07	0.4	6:36	-0.3	7:07	4:41	
22	Wed	1:00	7.4	1:04	8.1	6:43	0.4	7:11	-0.3	7:06	4:42	
23	Thu	1:34	7.5	1:41	8.0	7:22	0.3	7:47	-0.3	7:05	4:44	
24	Fri	2:11	7.6	2:21	7.9	8:03	0.3	8:27	-0.2	7:05	4:45	
25	Sat	2:51	7.7	3:06	7.7	8:49	0.2	9:12	-0.1	7:04	4:46	
26	Sun	3:36	7.8	3:58	7.5	9:40	0.2	10:01	0.1	7:03	4:48	
27	Mon	4:27	7.8	4:55	7.3	10:36	0.2	10:55	0.2	7:02	4:49	
28	Tue	5:23	7.9	5:58	7.2	11:36	0.1	11:54	0.3	7:01	4:50	
29	Wed	6:24	8.1	7:06	7.2			12:42	0.0	7:00	4:51	
30	Thu	7:30	8.3	8:14	7.4	12:58	0.2	1:49	-0.3	6:59	4:53	
31	Fri	8:34	8.6	9:16	7.7	2:03	0.1	2:52	-0.7	6:58	4:54	