US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jul 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:29	8.2	1:07	7.2	6:45	0.1	6:45	1.0	5:07	8:26	
2	Wed	1:07	8.1	1:44	7.2	7:21	0.1	7:22	1.0	5:08	8:26	
3	Thu	1:43	8.1	2:21	7.2	7:55	0.1	7:59	1.0	5:09	8:25	
4	Fri	2:19	8.0	2:56	7.3	8:30	0.2	8:37	1.0	5:09	8:25	
5	Sat	2:56	7.9	3:33	7.3	9:06	0.2	9:17	1.0	5:10	8:25	
6	Sun	3:35	7.7	4:12	7.4	9:44	0.3	10:01	1.0	5:10	8:25	
7	Mon	4:18	7.6	4:54	7.5	10:25	0.3	10:48	0.9	5:11	8:24	
8	Tue	5:05	7.5	5:39	7.6	11:10	0.4	11:39	0.8	5:12	8:24	
9	Wed	5:56	7.4	6:27	7.8	11:58	0.4			5:13	8:23	
10	Thu	6:51	7.3	7:20	8.1	12:34	0.6	12:50	0.4	5:13	8:23	
11	Fri	7:52	7.3	8:17	8.4	1:33	0.4	1:47	0.4	5:14	8:22	
12	Sat	8:54	7.5	9:16	8.8	2:34	0.0	2:46	0.2	5:15	8:22	
13	Sun	9:56	7.7	10:13	9.2	3:34	-0.4	3:45	0.0	5:16	8:21	
14	Mon	10:54	8.0	11:09	9.5	4:32	-0.8	4:42	-0.3	5:17	8:21	
15	Tue	11:51	8.3			5:27	-1.2	5:38	-0.5	5:18	8:20	
16	Wed	12:05	9.7	12:47	8.5	6:22	-1.4	6:34	-0.6	5:18	8:19	
17	Thu	1:01	9.7	1:41	8.7	7:15	-1.5	7:30	-0.7	5:19	8:18	
18	Fri	1:56	9.6	2:35	8.7	8:08	-1.4	8:25	-0.6	5:20	8:18	
19	Sat	2:50	9.3	3:28	8.7	9:00	-1.2	9:22	-0.4	5:21	8:17	
20	Sun	3:46	8.9	4:23	8.5	9:54	-0.8	10:20	-0.1	5:22	8:16	
21	Mon	4:44	8.4	5:19	8.3	10:48	-0.3	11:21	0.2	5:23	8:15	
22	Tue	5:43	7.9	6:15	8.1	11:43	0.1			5:24	8:14	
23	Wed	6:43	7.4	7:11	7.9	12:22	0.4	12:40	0.5	5:25	8:13	
24	Thu	7:44	7.1	8:08	7.8	1:24	0.6	1:37	0.9	5:26	8:12	
25	Fri	8:44	6.9	9:03	7.8	2:26	0.7	2:35	1.1	5:27	8:11	
26	Sat	9:40	6.9	9:54	7.8	3:23	0.6	3:29	1.1	5:28	8:10	
27	Sun	10:31	6.9	10:41	7.9	4:14	0.5	4:17	1.1	5:29	8:09	
28	Mon	11:17	7.0	11:24	8.0	4:59	0.4	5:01	1.0	5:30	8:08	
29	Tue	11:59	7.1			5:41	0.3	5:41	0.9	5:31	8:07	
30	Wed	12:04	8.1	12:39	7.2	6:18	0.2	6:19	0.8	5:32	8:06	
31	Thu	12:43	8.1	1:16	7.3	6:53	0.1	6:56	0.8	5:33	8:05	