US HARBORS www.USHarbors.com

Atlantic Heights, NH - Mar 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:06	7.6	5:46	6.9	11:21	0.4	11:37	1.0	6:18	5:32	
2	Mon	6:06	7.4	6:50	6.6			12:25	0.6	6:16	5:33	
3	Tue	7:07	7.2	7:52	6.6	12:40	1.2	1:29	0.7	6:14	5:34	
4	Wed	8:07	7.2	8:47	6.7	1:43	1.2	2:27	0.6	6:13	5:36	
5	Thu	9:00	7.4	9:36	6.9	2:39	1.1	3:17	0.5	6:11	5:37	
6	Fri	9:47	7.6	10:18	7.1	3:26	0.9	4:00	0.3	6:09	5:38	
7	Sat	10:29	7.7	10:57	7.3	4:08	0.7	4:37	0.2	6:08	5:39	
8	Sun			12:08	7.9	5:47	0.5	6:12	0.0	7:06	6:41	
9	Mon	12:33	7.5	12:44	7.9	6:22	0.3	6:44	0.0	7:04	6:42	
10	Tue	1:07	7.7	1:19	7.9	6:57	0.1	7:16	-0.1	7:02	6:43	
11	Wed	1:38	7.8	1:53	7.9	7:32	0.0	7:49	0.0	7:01	6:44	
12	Thu	2:10	7.9	2:29	7.8	8:08	-0.1	8:24	0.0	6:59	6:45	
13	Fri	2:44	7.9	3:07	7.6	8:47	-0.1	9:02	0.1	6:57	6:47	
14	Sat	3:22	8.0	3:50	7.5	9:30	-0.1	9:45	0.3	6:55	6:48	
15	Sun	4:05	8.0	4:39	7.3	10:18	0.0	10:34	0.5	6:54	6:49	
16	Mon	4:56	7.9	5:36	7.1	11:13	0.1	11:29	0.6	6:52	6:50	
17	Tue	5:54	7.9	6:38	7.0			12:13	0.1	6:50	6:51	
18	Wed	6:58	7.9	7:47	7.1	12:31	0.7	1:18	0.1	6:48	6:53	
19	Thu	8:07	8.0	8:55	7.4	1:38	0.6	2:26	-0.1	6:47	6:54	
20	Fri	9:15	8.3	9:57	7.8	2:46	0.3	3:30	-0.5	6:45	6:55	
21	Sat	10:17	8.7	10:53	8.3	3:50	-0.2	4:28	-0.8	6:43	6:56	
22	Sun	11:14	9.0	11:45	8.7	4:48	-0.7	5:20	-1.1	6:41	6:57	
23	Mon			12:08	9.1	5:42	-1.0	6:10	-1.2	6:39	6:59	
24	Tue	12:34	9.0	12:59	9.1	6:34	-1.3	6:59	-1.2	6:38	7:00	
25	Wed	1:22	9.1	1:49	8.9	7:24	-1.3	7:45	-0.9	6:36	7:01	
26	Thu	2:08	9.0	2:38	8.6	8:13	-1.1	8:31	-0.5	6:34	7:02	
27	Fri	2:54	8.8	3:27	8.1	9:02	-0.8	9:19	0.0	6:32	7:03	
28	Sat	3:42	8.4	4:19	7.6	9:53	-0.4	10:08	0.5	6:31	7:04	
29	Sun	4:32	8.0	5:14	7.2	10:46	0.1	11:02	0.9	6:29	7:06	
30	Mon	5:27	7.5	6:12	6.8	11:43	0.5	11:59	1.3	6:27	7:07	
31	Tue	6:24	7.2	7:11	6.6			12:43	0.8	6:25	7:08	