US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:41	7.3	1:43	7.9	7:23	0.7	7:56	0.0	7:14	4:18	
2	Sat	2:22	7.1	2:25	7.7	8:05	0.9	8:36	0.2	7:14	4:19	
3	Sun	3:04	7.0	3:09	7.3	8:49	1.0	9:18	0.5	7:14	4:20	
4	Mon	3:48	6.9	3:56	7.0	9:36	1.2	10:02	0.7	7:14	4:21	
5	Tue	4:34	6.9	4:46	6.8	10:27	1.3	10:48	0.9	7:14	4:22	
6	Wed	5:21	6.9	5:40	6.6	11:19	1.3	11:36	1.0	7:14	4:23	
7	Thu	6:10	7.0	6:36	6.5			12:15	1.2	7:14	4:24	
8	Fri	7:02	7.2	7:34	6.5	12:27	1.1	1:12	1.0	7:13	4:25	
9	Sat	7:53	7.5	8:30	6.7	1:21	1.0	2:08	0.6	7:13	4:26	
10	Sun	8:42	7.8	9:20	7.0	2:13	0.8	2:58	0.1	7:13	4:27	
11	Mon	9:30	8.3	10:09	7.3	3:03	0.5	3:46	-0.3	7:13	4:28	
12	Tue	10:17	8.7	10:57	7.6	3:51	0.2	4:33	-0.8	7:12	4:29	
13	Wed	11:05	9.0	11:44	7.9	4:40	-0.1	5:21	-1.1	7:12	4:31	
14	Thu	11:54	9.3			5:29	-0.4	6:08	-1.4	7:11	4:32	
15	Fri	12:33	8.2	12:44	9.3	6:19	-0.6	6:57	-1.4	7:11	4:33	
16	Sat	1:22	8.3	1:35	9.2	7:11	-0.7	7:46	-1.4	7:10	4:34	
17	Sun	2:12	8.4	2:28	8.9	8:04	-0.6	8:38	-1.1	7:10	4:35	
18	Mon	3:06	8.4	3:26	8.5	9:02	-0.4	9:33	-0.8	7:09	4:37	
19	Tue	4:04	8.3	4:28	8.1	10:03	-0.2	10:31	-0.4	7:09	4:38	
20	Wed	5:03	8.2	5:33	7.6	11:08	-0.1	11:31	0.0	7:08	4:39	
21	Thu	6:05	8.1	6:40	7.3			12:15	0.0	7:07	4:40	
22	Fri	7:07	8.0	7:48	7.2	12:35	0.3	1:24	0.0	7:07	4:42	
23	Sat	8:09	8.1	8:50	7.2	1:39	0.5	2:28	-0.1	7:06	4:43	
24	Sun	9:05	8.1	9:45	7.2	2:39	0.5	3:24	-0.2	7:05	4:44	
25	Mon	9:56	8.2	10:35	7.3	3:32	0.5	4:14	-0.3	7:04	4:46	
26	Tue	10:43	8.2	11:20	7.3	4:20	0.4	4:59	-0.4	7:03	4:47	
27	Wed	11:26	8.2			5:04	0.4	5:40	-0.4	7:02	4:48	
28	Thu	12:01	7.4	12:06	8.2	5:44	0.4	6:17	-0.3	7:01	4:49	
29	Fri	12:39	7.4	12:43	8.1	6:22	0.4	6:53	-0.2	7:00	4:51	
30	Sat	1:15	7.3	1:20	7.9	6:59	0.5	7:26	0.0	6:59	4:52	
31	Sun	1:50	7.3	1:56	7.7	7:36	0.6	8:01	0.2	6:58	4:53	