US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:22	8.0	11:00	7.1	3:57	0.8	4:37	-0.1	7:14	4:18	
2	Sun	11:01	8.2	11:40	7.2	4:37	0.7	5:16	-0.3	7:14	4:19	
3	Mon	11:41	8.4			5:17	0.5	5:56	-0.5	7:14	4:20	
4	Tue	12:20	7.4	12:22	8.6	5:59	0.3	6:36	-0.6	7:14	4:21	
5	Wed	1:00	7.5	1:04	8.6	6:42	0.2	7:19	-0.7	7:14	4:22	
6	Thu	1:43	7.6	1:49	8.6	7:28	0.1	8:03	-0.7	7:14	4:23	
7	Fri	2:28	7.7	2:38	8.4	8:17	0.1	8:52	-0.6	7:14	4:24	
8	Sat	3:18	7.8	3:33	8.2	9:12	0.1	9:44	-0.5	7:13	4:25	
9	Sun	4:13	7.9	4:32	7.9	10:11	0.1	10:39	-0.2	7:13	4:26	
10	Mon	5:10	8.0	5:36	7.6	11:13	0.1	11:37	0.0	7:13	4:27	
11	Tue	6:09	8.1	6:43	7.4			12:19	0.0	7:13	4:28	
12	Wed	7:11	8.2	7:51	7.4	12:38	0.1	1:27	-0.1	7:12	4:29	
13	Thu	8:13	8.4	8:54	7.5	1:42	0.2	2:31	-0.4	7:12	4:30	
14	Fri	9:10	8.6	9:52	7.6	2:42	0.1	3:29	-0.7	7:12	4:31	
15	Sat	10:04	8.8	10:46	7.7	3:38	0.1	4:23	-0.9	7:11	4:33	
16	Sun	10:56	8.8	11:36	7.7	4:30	0.0	5:13	-0.9	7:11	4:34	
17	Mon	11:44	8.8			5:20	0.0	6:00	-0.9	7:10	4:35	
18	Tue	12:23	7.7	12:30	8.7	6:07	0.0	6:44	-0.7	7:09	4:36	
19	Wed	1:08	7.7	1:15	8.4	6:52	0.2	7:27	-0.5	7:09	4:38	
20	Thu	1:50	7.5	1:58	8.1	7:37	0.4	8:08	-0.2	7:08	4:39	
21	Fri	2:33	7.4	2:42	7.7	8:21	0.6	8:50	0.2	7:07	4:40	
22	Sat	3:17	7.2	3:29	7.3	9:09	0.8	9:33	0.5	7:07	4:41	
23	Sun	4:02	7.1	4:18	6.9	9:58	1.0	10:18	0.8	7:06	4:43	
24	Mon	4:49	7.0	5:11	6.6	10:51	1.1	11:05	1.1	7:05	4:44	
25	Tue	5:38	6.9	6:07	6.3	11:46	1.2	11:56	1.3	7:04	4:45	
26	Wed	6:30	6.9	7:07	6.2			12:44	1.2	7:03	4:47	
27	Thu	7:24	7.1	8:05	6.3	12:51	1.4	1:43	1.0	7:03	4:48	
28	Fri	8:17	7.3	8:57	6.5	1:46	1.3	2:36	0.7	7:02	4:49	
29	Sat	9:05	7.6	9:45	6.7	2:37	1.1	3:23	0.3	7:01	4:51	
30	Sun	9:50	8.0	10:29	7.0	3:24	0.8	4:06	-0.1	7:00	4:52	
31	Mon	10:34	8.3	11:12	7.4	4:08	0.5	4:48	-0.4	6:59	4:53	