US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:05	8.7	3:49	7.8	9:21	-0.5	9:35	0.6	5:08	8:26	
2	Sun	3:57	8.3	4:41	7.6	10:12	-0.1	10:30	0.8	5:08	8:26	
3	Mon	4:51	7.8	5:33	7.5	11:02	0.2	11:27	1.0	5:09	8:25	
4	Tue	5:45	7.4	6:24	7.4	11:52	0.6			5:09	8:25	
5	Wed	6:40	7.1	7:14	7.4	12:23	1.2	12:42	0.9	5:10	8:25	
6	Thu	7:37	6.8	8:05	7.4	1:20	1.2	1:33	1.1	5:11	8:24	
7	Fri	8:34	6.7	8:55	7.5	2:18	1.1	2:25	1.3	5:11	8:24	
8	Sat	9:28	6.6	9:42	7.6	3:13	1.0	3:14	1.3	5:12	8:24	
9	Sun	10:18	6.7	10:27	7.8	4:01	0.8	4:00	1.3	5:13	8:23	
10	Mon	11:04	6.8	11:09	7.9	4:46	0.6	4:43	1.2	5:14	8:23	
11	Tue	11:48	6.9	11:49	8.1	5:27	0.4	5:24	1.1	5:14	8:22	
12	Wed			12:30	7.1	6:06	0.2	6:04	1.0	5:15	8:22	
13	Thu	12:29	8.3	1:10	7.2	6:45	0.0	6:45	0.8	5:16	8:21	
14	Fri	1:09	8.4	1:49	7.4	7:24	-0.2	7:27	0.7	5:17	8:20	
15	Sat	1:49	8.5	2:28	7.5	8:03	-0.3	8:10	0.5	5:18	8:20	
16	Sun	2:32	8.5	3:10	7.7	8:45	-0.4	8:57	0.4	5:19	8:19	
17	Mon	3:17	8.4	3:55	7.9	9:29	-0.4	9:47	0.4	5:20	8:18	
18	Tue	4:07	8.3	4:45	8.0	10:17	-0.3	10:41	0.3	5:20	8:17	
19	Wed	5:01	8.1	5:37	8.2	11:07	-0.2	11:39	0.2	5:21	8:17	
20	Thu	6:00	7.8	6:32	8.3			12:01	0.0	5:22	8:16	
21	Fri	7:02	7.6	7:30	8.5	12:40	0.1	12:58	0.1	5:23	8:15	
22	Sat	8:08	7.5	8:32	8.6	1:45	0.0	1:59	0.3	5:24	8:14	
23	Sun	9:14	7.5	9:32	8.8	2:51	-0.2	3:02	0.3	5:25	8:13	
24	Mon	10:16	7.6	10:30	9.0	3:53	-0.4	4:02	0.2	5:26	8:12	
25	Tue	11:13	7.8	11:25	9.1	4:50	-0.7	4:58	0.1	5:27	8:11	
26	Wed			12:08	7.9	5:44	-0.8	5:52	0.1	5:28	8:10	
27	Thu	12:18	9.1	12:59	7.9	6:35	-0.8	6:43	0.1	5:29	8:09	
28	Fri	1:09	9.0	1:48	7.9	7:24	-0.7	7:33	0.2	5:30	8:08	
29	Sat	1:56	8.8	2:34	7.9	8:09	-0.6	8:20	0.3	5:31	8:07	
30	Sun	2:43	8.5	3:18	7.8	8:53	-0.3	9:08	0.5	5:32	8:06	
31	Mon	3:29	8.1	4:03	7.6	9:37	0.1	9:56	0.7	5:33	8:05	