

































Atlantic Heights, NH - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:17	8.2	7:54	7.5	12:47	0.2	1:32	-0.1	7:14	4:19	
2	Tue	8:16	8.6	8:57	7.6	1:47	0.1	2:34	-0.6	7:14	4:20	
3	Wed	9:13	9.0	9:56	7.8	2:46	-0.1	3:32	-1.0	7:14	4:21	
4	Thu	10:08	9.3	10:52	8.0	3:42	-0.3	4:27	-1.3	7:14	4:22	
5	Fri	11:02	9.4	11:46	8.1	4:36	-0.4	5:21	-1.4	7:14	4:22	
6	Sat	11:56	9.4			5:30	-0.4	6:14	-1.4	7:14	4:24	
7	Sun	12:39	8.1	12:49	9.2	6:24	-0.4	7:05	-1.2	7:14	4:25	
8	Mon	1:30	8.0	1:40	8.9	7:16	-0.2	7:55	-0.9	7:13	4:26	
9	Tue	2:22	7.9	2:33	8.4	8:09	0.1	8:46	-0.5	7:13	4:27	
10	Wed	3:14	7.7	3:28	7.9	9:05	0.4	9:38	-0.1	7:13	4:28	
11	Thu	4:08	7.5	4:24	7.4	10:03	0.6	10:30	0.4	7:12	4:29	
12	Fri	5:01	7.3	5:22	7.0	11:02	0.8	11:23	0.7	7:12	4:30	
13	Sat	5:54	7.2	6:21	6.7			12:03	1.0	7:12	4:31	
14	Sun	6:48	7.2	7:22	6.5	12:17	1.0	1:04	0.9	7:11	4:32	
15	Mon	7:42	7.2	8:19	6.5	1:13	1.2	2:02	0.8	7:11	4:34	
16	Tue	8:33	7.3	9:11	6.5	2:07	1.3	2:53	0.6	7:10	4:35	
17	Wed	9:19	7.5	9:57	6.7	2:55	1.2	3:39	0.4	7:10	4:36	
18	Thu	10:02	7.7	10:40	6.8	3:38	1.1	4:20	0.2	7:09	4:37	
19	Fri	10:42	7.9	11:20	7.0	4:18	0.9	4:59	0.0	7:08	4:39	
20	Sat	11:21	8.0	11:58	7.1	4:57	0.8	5:35	-0.1	7:08	4:40	
21	Sun	11:58	8.2			5:34	0.6	6:10	-0.3	7:07	4:41	
22	Mon	12:34	7.2	12:35	8.2	6:12	0.5	6:46	-0.4	7:06	4:42	
23	Tue	1:09	7.3	1:13	8.2	6:51	0.4	7:23	-0.4	7:05	4:44	
24	Wed	1:46	7.5	1:53	8.2	7:33	0.3	8:03	-0.4	7:05	4:45	
25	Thu	2:26	7.6	2:37	8.0	8:18	0.2	8:46	-0.3	7:04	4:46	
26	Fri	3:10	7.7	3:27	7.8	9:08	0.2	9:33	-0.2	7:03	4:48	
27	Sat	3:58	7.8	4:22	7.5	10:02	0.2	10:25	0.0	7:02	4:49	
28	Sun	4:52	7.9	5:23	7.3	11:01	0.1	11:21	0.2	7:01	4:50	
29	Mon	5:50	8.0	6:29	7.1			12:05	0.1	7:00	4:52	
30	Tue	6:53	8.1	7:39	7.1	12:22	0.4	1:14	-0.1	6:59	4:53	
31	Wed	7:58	8.3	8:46	7.3	1:27	0.4	2:21	-0.4	6:58	4:54	