US HARBORS www.USHarbors.com

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	