US HARBORS www.USHarbors.com

Atlantic Heights, NH - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:48	8.1	8:38	7.1	1:16	0.7	2:11	-0.1	6:17	5:32	
2	Fri	8:53	8.3	9:37	7.4	2:25	0.5	3:13	-0.4	6:15	5:33	
3	Sat	9:52	8.5	10:31	7.7	3:25	0.2	4:07	-0.6	6:14	5:35	
4	Sun	10:45	8.6	11:19	8.0	4:20	-0.1	4:56	-0.8	6:12	5:36	
5	Mon	11:34	8.7			5:10	-0.3	5:42	-0.8	6:10	5:37	
6	Tue	12:04	8.1	12:19	8.6	5:56	-0.4	6:24	-0.6	6:09	5:38	
7	Wed	12:45	8.1	1:02	8.3	6:40	-0.4	7:03	-0.4	6:07	5:40	
8	Thu	1:25	8.1	1:44	8.0	7:23	-0.2	7:41	0.0	6:05	5:41	
9	Fri	2:03	7.9	2:27	7.6	8:05	0.0	8:20	0.4	6:04	5:42	
10	Sat	2:43	7.7	3:11	7.1	8:49	0.3	9:01	0.8	6:02	5:43	
11	Sun	4:25	7.4	4:59	6.7	10:35	0.6	10:46	1.2	7:00	6:45	
12	Mon	5:11	7.2	5:52	6.4	11:26	0.9	11:35	1.5	6:58	6:46	
13	Tue	6:03	6.9	6:49	6.2			12:20	1.1	6:57	6:47	
14	Wed	6:59	6.8	7:50	6.1	12:30	1.7	1:21	1.2	6:55	6:48	
15	Thu	8:00	6.8	8:50	6.2	1:30	1.8	2:23	1.1	6:53	6:49	
16	Fri	8:59	7.0	9:44	6.5	2:31	1.6	3:19	0.9	6:51	6:51	
17	Sat	9:52	7.4	10:30	6.9	3:26	1.3	4:06	0.5	6:50	6:52	
18	Sun	10:39	7.7	11:11	7.3	4:14	0.9	4:48	0.1	6:48	6:53	
19	Mon	11:22	8.1	11:51	7.7	4:58	0.4	5:28	-0.2	6:46	6:54	
20	Tue			12:04	8.4	5:40	0.0	6:07	-0.5	6:44	6:55	
21	Wed	12:29	8.2	12:47	8.6	6:23	-0.5	6:47	-0.7	6:42	6:56	
22	Thu	1:09	8.5	1:30	8.6	7:07	-0.8	7:28	-0.8	6:41	6:58	
23	Fri	1:49	8.8	2:15	8.6	7:53	-1.0	8:11	-0.7	6:39	6:59	
24	Sat	2:32	8.9	3:03	8.3	8:40	-1.0	8:58	-0.5	6:37	7:00	
25	Sun	3:19	8.8	3:56	8.0	9:32	-0.9	9:48	-0.1	6:35	7:01	
26	Mon	4:11	8.6	4:55	7.6	10:28	-0.6	10:45	0.3	6:34	7:02	
27	Tue	5:11	8.3	6:00	7.3	11:30	-0.3	11:48	0.6	6:32	7:04	
28	Wed	6:16	8.1	7:10	7.1			12:38	0.0	6:30	7:05	
29	Thu	7:27	7.9	8:21	7.1	12:56	0.8	1:50	0.1	6:28	7:06	
30	Fri	8:39	7.9	9:27	7.3	2:10	0.8	2:59	0.1	6:27	7:07	
31	Sat	9:44	8.0	10:24	7.6	3:18	0.6	3:59	-0.1	6:25	7:08	