US HARBORS www.USHarbors.com

Atlantic Heights, NH - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:36	7.0	6:15	0.2	6:11	1.2	5:07	8:26	
2	Mon	12:34	8.0	1:15	7.0	6:52	0.2	6:49	1.2	5:08	8:26	
3	Tue	1:12	8.0	1:52	7.0	7:28	0.2	7:26	1.2	5:09	8:25	
4	Wed	1:48	8.0	2:29	7.0	8:03	0.2	8:04	1.2	5:09	8:25	
5	Thu	2:25	8.0	3:06	7.1	8:39	0.2	8:43	1.1	5:10	8:25	
6	Fri	3:03	7.9	3:44	7.2	9:17	0.2	9:26	1.1	5:11	8:25	
7	Sat	3:44	7.8	4:25	7.3	9:57	0.2	10:12	1.0	5:11	8:24	
8	Sun	4:30	7.7	5:09	7.5	10:41	0.2	11:03	0.9	5:12	8:24	
9	Mon	5:20	7.6	5:56	7.7	11:27	0.3	11:57	0.7	5:13	8:23	
10	Tue	6:14	7.5	6:46	8.0			12:17	0.3	5:13	8:23	
11	Wed	7:13	7.4	7:41	8.3	12:54	0.5	1:11	0.3	5:14	8:22	
12	Thu	8:15	7.4	8:39	8.6	1:55	0.2	2:09	0.3	5:15	8:22	
13	Fri	9:19	7.5	9:37	9.0	2:58	-0.2	3:09	0.2	5:16	8:21	
14	Sat	10:20	7.7	10:34	9.3	3:58	-0.6	4:07	0.0	5:17	8:21	
15	Sun	11:19	7.9	11:31	9.5	4:56	-0.9	5:04	-0.1	5:18	8:20	
16	Mon			12:16	8.1	5:52	-1.2	6:00	-0.2	5:18	8:19	
17	Tue	12:27	9.6	1:12	8.2	6:47	-1.3	6:56	-0.3	5:19	8:18	
18	Wed	1:23	9.5	2:06	8.3	7:40	-1.2	7:51	-0.2	5:20	8:18	
19	Thu	2:17	9.3	2:58	8.2	8:32	-1.1	8:46	-0.1	5:21	8:17	
20	Fri	3:11	8.9	3:51	8.1	9:23	-0.7	9:42	0.2	5:22	8:16	
21	Sat	4:06	8.5	4:45	8.0	10:16	-0.3	10:41	0.4	5:23	8:15	
22	Sun	5:02	8.0	5:39	7.9	11:08	0.1	11:40	0.6	5:24	8:14	
23	Mon	6:00	7.5	6:32	7.7			12:00	0.5	5:25	8:13	
24	Tue	6:58	7.1	7:25	7.6	12:39	0.8	12:53	0.9	5:26	8:12	
25	Wed	7:57	6.8	8:19	7.5	1:39	0.9	1:48	1.2	5:27	8:11	
26	Thu	8:56	6.6	9:12	7.6	2:39	0.9	2:44	1.4	5:28	8:10	
27	Fri	9:51	6.6	10:01	7.6	3:34	0.8	3:36	1.4	5:29	8:09	
28	Sat	10:40	6.7	10:46	7.8	4:23	0.6	4:22	1.3	5:30	8:08	
29	Sun	11:25	6.8	11:29	7.9	5:07	0.5	5:05	1.2	5:31	8:07	
30	Mon			12:08	6.9	5:48	0.3	5:45	1.1	5:32	8:06	
31	Tue	12:09	8.0	12:47	7.1	6:25	0.2	6:23	1.0	5:33	8:05	