

Hampton, NH - Jun 2019

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 10:42 | 8.1 | 10:51 | 9.2 | 4:48 | 0.4 | 4:52 | 0.8 | 5:07 | 8:15 | ☾ |
| 2 | Sun | 11:25 | 8.2 | 11:30 | 9.5 | 5:30 | 0.0 | 5:34 | 0.6 | 5:06 | 8:15 | ☾ |
| 3 | Mon | | | 12:09 | 8.4 | 6:12 | -0.4 | 6:16 | 0.5 | 5:06 | 8:16 | ● |
| 4 | Tue | 12:12 | 9.7 | 12:53 | 8.5 | 6:56 | -0.6 | 7:01 | 0.4 | 5:05 | 8:17 | ● |
| 5 | Wed | 12:56 | 9.9 | 1:39 | 8.6 | 7:41 | -0.8 | 7:48 | 0.4 | 5:05 | 8:18 | ● |
| 6 | Thu | 1:43 | 9.9 | 2:28 | 8.6 | 8:28 | -0.8 | 8:38 | 0.4 | 5:05 | 8:18 | ● |
| 7 | Fri | 2:33 | 9.9 | 3:20 | 8.6 | 9:19 | -0.8 | 9:32 | 0.5 | 5:04 | 8:19 | ☾ |
| 8 | Sat | 3:27 | 9.7 | 4:17 | 8.6 | 10:13 | -0.7 | 10:30 | 0.5 | 5:04 | 8:20 | ☾ |
| 9 | Sun | 4:27 | 9.4 | 5:16 | 8.7 | 11:10 | -0.5 | 11:33 | 0.6 | 5:04 | 8:20 | ☾ |
| 10 | Mon | 5:30 | 9.1 | 6:16 | 8.8 | | | 12:09 | -0.3 | 5:04 | 8:21 | ☾ |
| 11 | Tue | 6:34 | 8.9 | 7:16 | 9.0 | 12:38 | 0.5 | 1:09 | -0.1 | 5:04 | 8:21 | ☾ |
| 12 | Wed | 7:41 | 8.7 | 8:16 | 9.3 | 1:45 | 0.4 | 2:10 | 0.0 | 5:03 | 8:22 | ☾ |
| 13 | Thu | 8:45 | 8.6 | 9:12 | 9.5 | 2:51 | 0.1 | 3:09 | 0.1 | 5:03 | 8:22 | ☾ |
| 14 | Fri | 9:45 | 8.6 | 10:04 | 9.7 | 3:51 | -0.2 | 4:04 | 0.2 | 5:03 | 8:23 | ☾ |
| 15 | Sat | 10:40 | 8.6 | 10:53 | 9.8 | 4:46 | -0.4 | 4:54 | 0.3 | 5:03 | 8:23 | ☾ |
| 16 | Sun | 11:32 | 8.6 | 11:40 | 9.8 | 5:37 | -0.6 | 5:43 | 0.4 | 5:03 | 8:24 | ☾ |
| 17 | Mon | | | 12:21 | 8.5 | 6:25 | -0.6 | 6:29 | 0.6 | 5:03 | 8:24 | ☾ |
| 18 | Tue | 12:25 | 9.6 | 1:07 | 8.4 | 7:10 | -0.5 | 7:13 | 0.8 | 5:04 | 8:24 | ☾ |
| 19 | Wed | 1:08 | 9.5 | 1:50 | 8.2 | 7:53 | -0.3 | 7:56 | 0.9 | 5:04 | 8:25 | ☾ |
| 20 | Thu | 1:50 | 9.2 | 2:33 | 8.1 | 8:35 | -0.1 | 8:39 | 1.1 | 5:04 | 8:25 | ☾ |
| 21 | Fri | 2:32 | 9.0 | 3:16 | 7.9 | 9:16 | 0.1 | 9:23 | 1.3 | 5:04 | 8:25 | ☾ |
| 22 | Sat | 3:16 | 8.6 | 4:01 | 7.8 | 9:58 | 0.4 | 10:09 | 1.5 | 5:04 | 8:25 | ☾ |
| 23 | Sun | 4:01 | 8.3 | 4:46 | 7.8 | 10:42 | 0.6 | 10:58 | 1.6 | 5:05 | 8:25 | ☾ |
| 24 | Mon | 4:50 | 8.1 | 5:32 | 7.8 | 11:26 | 0.8 | 11:48 | 1.7 | 5:05 | 8:26 | ☾ |
| 25 | Tue | 5:40 | 7.8 | 6:19 | 7.9 | | | 12:11 | 1.0 | 5:05 | 8:26 | ☾ |
| 26 | Wed | 6:31 | 7.6 | 7:06 | 8.0 | 12:40 | 1.6 | 12:57 | 1.1 | 5:06 | 8:26 | ☾ |
| 27 | Thu | 7:26 | 7.5 | 7:54 | 8.3 | 1:34 | 1.5 | 1:46 | 1.2 | 5:06 | 8:26 | ☾ |
| 28 | Fri | 8:21 | 7.5 | 8:41 | 8.6 | 2:29 | 1.2 | 2:36 | 1.2 | 5:06 | 8:26 | ☾ |
| 29 | Sat | 9:14 | 7.7 | 9:27 | 8.9 | 3:21 | 0.8 | 3:25 | 1.1 | 5:07 | 8:26 | ☾ |
| 30 | Sun | 10:04 | 7.9 | 10:13 | 9.3 | 4:10 | 0.4 | 4:13 | 0.8 | 5:07 | 8:26 | ☾ |