









## Lanark, St. George Sound, FL - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:22	2.7	4:02	2.0	9:00	-1.4	8:54	1.2	7:34	5:50	
2	Sat	2:12	2.7	4:32	2.0	9:43	-1.2	9:44	1.0	7:34	5:50	
3	Sun	3:02	2.5	5:02	2.0	10:23	-0.9	10:36	0.8	7:34	5:51	
4	Mon	3:56	2.2	5:33	2.0	11:00	-0.5	11:31	0.6	7:34	5:52	
5	Tue	4:57	1.9	6:04	2.0	11:36	-0.1			7:34	5:53	
6	Wed	6:09	1.5	6:37	2.1	12:35	0.4	12:08	0.4	7:34	5:53	
7	Thu	7:38	1.2	7:14	2.1	1:51	0.2	12:36	0.8	7:34	5:54	
8	Fri			7:56	2.1	3:16	-0.1			7:35	5:55	
9	Sat			8:45	2.1	4:28	-0.3			7:35	5:56	
10	Sun			2:15	1.5	5:26	-0.5	4:32	1.5	7:35	5:56	
11	Mon			2:34	1.6	6:15	-0.7	5:37	1.4	7:35	5:57	
12	Tue			2:51	1.7	6:59	-0.8	6:29	1.4	7:34	5:58	
13	Wed			3:05	1.7	7:39	-0.9	7:15	1.2	7:34	5:59	
14	Thu	12:33	2.3	3:21	1.7	8:15	-0.9	7:57	1.1	7:34	6:00	
15	Fri	1:16	2.3	3:38	1.7	8:49	-0.9	8:37	1.0	7:34	6:01	
16	Sat	1:56	2.3	3:56	1.8	9:21	-0.8	9:15	0.9	7:34	6:01	
17	Sun	2:35	2.3	4:15	1.8	9:50	-0.6	9:52	0.7	7:34	6:02	
18	Mon	3:14	2.1	4:36	1.8	10:18	-0.4	10:28	0.6	7:34	6:03	
19	Tue	3:56	2.0	5:01	1.8	10:44	-0.2	11:07	0.5	7:33	6:04	
20	Wed	4:44	1.7	5:28	1.9	11:06	0.1	11:50	0.4	7:33	6:05	
21	Thu	5:41	1.5	5:58	1.9	11:22	0.4			7:33	6:06	
22	Fri	6:50	1.3	6:32	1.9	12:46	0.2	11:30 AM	0.7	7:32	6:07	
23	Sat	8:18	1.2	7:12	2.0	2:01	0.1	11:25 AM	1.0	7:32	6:08	
24	Sun			8:01	2.0	3:26	-0.2			7:32	6:08	
25	Mon			9:03	2.1	4:38	-0.5			7:31	6:09	
26	Tue			2:24	1.7	5:37	-0.8	5:14	1.6	7:31	6:10	
27	Wed			2:26	1.8	6:29	-1.0	6:14	1.5	7:30	6:11	
28	Thu			2:41	1.9	7:18	-1.2	7:07	1.3	7:30	6:12	
29	Fri	12:28	2.5	3:01	1.9	8:03	-1.2	7:57	1.0	7:29	6:13	
30	Sat	1:24	2.6	3:22	2.0	8:45	-1.1	8:45	0.7	7:29	6:14	
31	Sun	2:16	2.5	3:45	2.0	9:24	-0.9	9:33	0.4	7:28	6:14	