





Panama City, FL - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:49	1.2			9:56	0.4	5:44	7:48	
2	Fri			1:12	1.0			9:25	0.5	5:45	7:48	
3	Sat	5:13	0.9	1:22	0.8	11:21	0.8	8:21	0.6	5:45	7:48	
4	Sun	5:08	1.1					5:22	0.5	5:46	7:48	
5	Mon	5:05	1.3					5:07	0.3	5:46	7:48	
6	Tue	5:30	1.4					5:28	0.1	5:46	7:47	
7	Wed	6:16	1.6					6:01	-0.1	5:47	7:47	
8	Thu	7:10	1.7					6:41	-0.2	5:47	7:47	
9	Fri	8:05	1.9					7:24	-0.3	5:48	7:47	
10	Sat	9:02	1.9					8:09	-0.4	5:48	7:47	
11	Sun	10:00	2.0					8:51	-0.3	5:49	7:46	
12	Mon	11:00	1.9					9:28	-0.2	5:49	7:46	
13	Tue	11:59	1.8					9:55	0.0	5:50	7:46	
14	Wed			12:57	1.6			9:59	0.3	5:51	7:46	
15	Thu			1:56	1.3			9:40	0.5	5:51	7:45	
16	Fri	4:08	0.9	3:10	0.9	8:29	0.8	8:37	0.7	5:52	7:45	
17	Sat	4:07	1.1					2:35	0.6	5:52	7:45	
18	Sun	4:18	1.3					3:43	0.3	5:53	7:44	
19	Mon	4:48	1.5					4:35	0.1	5:53	7:44	
20	Tue	5:42	1.7					5:22	-0.1	5:54	7:43	
21	Wed	6:45	1.7					6:08	-0.1	5:54	7:43	
22	Thu	7:45	1.8					6:52	-0.1	5:55	7:42	
23	Fri	8:40	1.8					7:34	-0.1	5:56	7:42	
24	Sat	9:28	1.8					8:11	0.0	5:56	7:41	
25	Sun	10:12	1.7					8:41	0.1	5:57	7:41	
26	Mon	10:51	1.6					8:57	0.2	5:57	7:40	
27	Tue	11:28	1.5					8:46	0.3	5:58	7:39	
28	Wed			12:03	1.4			8:35	0.5	5:59	7:39	
29	Thu			12:36	1.2			8:27	0.6	5:59	7:38	
30	Fri	3:04	0.9	1:05	1.1	6:41	0.8	7:45	0.7	6:00	7:37	
31	Sat	2:56	1.1	1:24	0.9	9:22	0.8	6:58	0.7	6:00	7:37	