

Des Moines, WA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:40	9.3	9:53	12.4	3:45	1.9	3:32	3.1	5:48	8:43	
2	Mon	10:58	9.0	10:39	12.0	4:42	1.1	4:27	4.6	5:49	8:41	
3	Tue			12:34	8.9	5:42	0.4	5:37	6.0	5:50	8:40	
4	Wed			2:19	9.5	6:46	-0.1	7:02	6.9	5:51	8:38	
5	Thu	12:31	11.2	3:38	10.2	7:49	-0.6	8:32	7.0	5:53	8:37	
6	Fri	1:35	11.0	4:34	11.0	8:48	-1.1	9:45	6.7	5:54	8:35	
7	Sat	2:37	10.9	5:17	11.4	9:41	-1.3	10:40	6.2	5:55	8:34	
8	Sun	3:34	10.8	5:53	11.7	10:28	-1.4	11:26	5.6	5:57	8:32	
9	Mon	4:27	10.7	6:24	11.8	11:12	-1.2			5:58	8:31	
10	Tue	5:15	10.6	6:51	11.8	12:06	5.0	11:52 AM	-0.8	5:59	8:29	
11	Wed	6:02	10.4	7:18	11.8	12:44	4.4	12:31	-0.1	6:00	8:27	
12	Thu	6:49	10.1	7:45	11.7	1:21	3.8	1:09	0.8	6:02	8:26	
13	Fri	7:37	9.8	8:14	11.5	1:58	3.3	1:47	1.8	6:03	8:24	
14	Sat	8:26	9.5	8:45	11.3	2:36	2.8	2:25	2.9	6:04	8:22	
15	Sun	9:20	9.1	9:19	11.0	3:17	2.4	3:05	4.1	6:06	8:21	
16	Mon	10:20	8.8	9:58	10.5	4:02	2.1	3:50	5.3	6:07	8:19	
17	Tue	11:33	8.6	10:42	10.1	4:51	1.9	4:45	6.3	6:08	8:17	
18	Wed			1:05	8.7	5:46	1.7	5:59	7.1	6:10	8:15	
19	Thu			2:36	9.2	6:44	1.4	7:32	7.4	6:11	8:14	
20	Fri	12:33	9.5	3:36	9.7	7:42	1.0	8:50	7.2	6:12	8:12	
21	Sat	1:34	9.6	4:14	10.3	8:35	0.5	9:40	6.8	6:14	8:10	
22	Sun	2:29	9.8	4:44	10.7	9:24	-0.1	10:17	6.2	6:15	8:08	
23	Mon	3:19	10.2	5:11	11.2	10:08	-0.5	10:52	5.4	6:16	8:06	
24	Tue	4:07	10.6	5:38	11.6	10:50	-0.7	11:28	4.5	6:18	8:04	
25	Wed	4:55	10.9	6:07	11.9	11:31	-0.5			6:19	8:02	
26	Thu	5:45	11.1	6:39	12.2	12:07	3.4	12:13	0.0	6:20	8:01	
27	Fri	6:38	11.1	7:13	12.4	12:48	2.3	12:56	0.8	6:22	7:59	
28	Sat	7:33	11.0	7:50	12.4	1:33	1.3	1:40	1.9	6:23	7:57	
29	Sun	8:33	10.7	8:30	12.2	2:20	0.6	2:28	3.2	6:24	7:55	
30	Mon	9:39	10.3	9:14	11.8	3:12	0.1	3:20	4.6	6:26	7:53	
31	Tue	10:56	9.9	10:06	11.2	4:07	-0.1	4:23	5.8	6:27	7:51	