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# Des Moines, WA - Jan 1980

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 5:18 | 12.3 | 3:18 | 11.5 | 10:32 | 7.2 | 10:23 | -1.9 | 7:56 | 4:28 | |
| 2 | Wed | 5:58 | 12.6 | 4:00 | 11.2 | 11:21 | 7.2 | 11:01 | -1.8 | 7:56 | 4:29 | |
| 3 | Thu | 6:33 | 12.8 | 4:42 | 10.7 | | | 12:06 | 7.1 | 7:56 | 4:30 | |
| 4 | Fri | 7:05 | 12.8 | 5:26 | 10.3 | | | 12:49 | 6.9 | 7:56 | 4:31 | |
| 5 | Sat | 7:36 | 12.7 | 6:12 | 9.8 | 12:17 | -1.0 | 1:32 | 6.6 | 7:56 | 4:32 | |
| 6 | Sun | 8:07 | 12.6 | 7:01 | 9.3 | 12:55 | -0.2 | 2:17 | 6.2 | 7:56 | 4:33 | |
| 7 | Mon | 8:40 | 12.5 | 7:55 | 8.7 | 1:34 | 0.7 | 3:04 | 5.7 | 7:55 | 4:35 | |
| 8 | Tue | 9:16 | 12.3 | 8:56 | 8.1 | 2:14 | 1.8 | 3:54 | 5.1 | 7:55 | 4:36 | |
| 9 | Wed | 9:53 | 12.0 | 10:10 | 7.8 | 2:57 | 3.1 | 4:46 | 4.4 | 7:55 | 4:37 | |
| 10 | Thu | 10:33 | 11.8 | 11:40 | 7.8 | 3:44 | 4.4 | 5:38 | 3.6 | 7:54 | 4:38 | |
| 11 | Fri | 11:15 | 11.5 | | | 4:41 | 5.6 | 6:28 | 2.6 | 7:54 | 4:39 | |
| 12 | Sat | 1:20 | 8.4 | 11:58 AM | 11.3 | 5:51 | 6.7 | 7:13 | 1.6 | 7:54 | 4:41 | |
| 13 | Sun | 2:40 | 9.3 | 12:41 | 11.2 | 7:08 | 7.4 | 7:56 | 0.6 | 7:53 | 4:42 | |
| 14 | Mon | 3:34 | 10.2 | 1:24 | 11.3 | 8:17 | 7.7 | 8:37 | -0.5 | 7:52 | 4:43 | |
| 15 | Tue | 4:15 | 11.1 | 2:07 | 11.4 | 9:14 | 7.8 | 9:18 | -1.4 | 7:52 | 4:45 | |
| 16 | Wed | 4:51 | 11.8 | 2:51 | 11.5 | 10:02 | 7.7 | 10:00 | -2.1 | 7:51 | 4:46 | |
| 17 | Thu | 5:26 | 12.4 | 3:37 | 11.6 | 10:47 | 7.4 | 10:43 | -2.5 | 7:50 | 4:47 | |
| 18 | Fri | 6:01 | 12.8 | 4:26 | 11.6 | 11:31 | 6.9 | 11:26 | -2.6 | 7:50 | 4:49 | |
| 19 | Sat | 6:37 | 13.2 | 5:18 | 11.4 | | | 12:18 | 6.3 | 7:49 | 4:50 | |
| 20 | Sun | 7:15 | 13.4 | 6:14 | 11.0 | 12:11 | -2.2 | 1:07 | 5.6 | 7:48 | 4:51 | |
| 21 | Mon | 7:54 | 13.4 | 7:14 | 10.4 | 12:57 | -1.3 | 2:00 | 4.7 | 7:47 | 4:53 | |
| 22 | Tue | 8:34 | 13.4 | 8:22 | 9.7 | 1:44 | 0.0 | 2:56 | 3.9 | 7:46 | 4:54 | |
| 23 | Wed | 9:17 | 13.1 | 9:40 | 9.1 | 2:33 | 1.6 | 3:56 | 3.0 | 7:45 | 4:56 | |
| 24 | Thu | 10:02 | 12.8 | 11:15 | 8.8 | 3:27 | 3.4 | 4:59 | 2.1 | 7:44 | 4:57 | |
| 25 | Fri | 10:51 | 12.4 | | | 4:32 | 5.1 | 6:03 | 1.2 | 7:43 | 4:59 | |
| 26 | Sat | 1:06 | 9.2 | 11:44 AM | 11.9 | 5:51 | 6.5 | 7:02 | 0.4 | 7:42 | 5:00 | |
| 27 | Sun | 2:38 | 10.2 | 12:40 | 11.5 | 7:22 | 7.2 | 7:57 | -0.3 | 7:41 | 5:02 | |
| 28 | Mon | 3:41 | 11.1 | 1:34 | 11.2 | 8:43 | 7.4 | 8:45 | -0.8 | 7:40 | 5:03 | |
| 29 | Tue | 4:29 | 11.8 | 2:25 | 11.0 | 9:45 | 7.2 | 9:28 | -1.0 | 7:39 | 5:05 | |
| 30 | Wed | 5:08 | 12.2 | 3:12 | 10.8 | 10:33 | 6.9 | 10:08 | -1.1 | 7:38 | 5:06 | |
| 31 | Thu | 5:40 | 12.4 | 3:55 | 10.7 | 11:13 | 6.6 | 10:45 | -0.9 | 7:37 | 5:08 | |