

































## Des Moines, WA - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:39	11.6	6:10	11.9	10:10	-3.0	11:05	8.2	5:16	9:09	
2	Sun	3:29	11.3	6:53	12.3	10:56	-3.2			5:17	9:09	
3	Mon	4:20	11.0	7:32	12.4	12:01	7.9	11:40 AM	-3.1	5:17	9:09	
4	Tue	5:11	10.6	8:06	12.4	12:50	7.5	12:23	-2.8	5:18	9:08	
5	Wed	6:03	10.1	8:38	12.3	1:37	7.1	1:06	-2.1	5:19	9:08	
6	Thu	6:55	9.6	9:08	12.2	2:23	6.5	1:47	-1.2	5:20	9:08	
7	Fri	7:50	9.0	9:37	12.0	3:10	5.8	2:27	-0.1	5:20	9:07	
8	Sat	8:49	8.3	10:06	11.8	3:58	5.0	3:07	1.3	5:21	9:07	
9	Sun	9:56	7.8	10:36	11.5	4:45	4.2	3:47	2.9	5:22	9:06	
10	Mon	11:15	7.4	11:08	11.2	5:34	3.3	4:30	4.6	5:23	9:05	
11	Tue			12:58	7.6	6:22	2.4	5:23	6.1	5:24	9:05	
12	Wed			2:57	8.3	7:09	1.5	6:38	7.4	5:25	9:04	
13	Thu	12:22	10.5	4:19	9.4	7:55	0.7	8:16	8.2	5:26	9:03	
14	Fri	1:05	10.2	5:09	10.3	8:39	-0.1	9:44	8.5	5:27	9:03	
15	Sat	1:50	10.1	5:46	10.9	9:22	-0.8	10:40	8.5	5:28	9:02	
16	Sun	2:37	10.2	6:17	11.4	10:04	-1.5	11:18	8.3	5:29	9:01	
17	Mon	3:23	10.3	6:44	11.7	10:46	-2.1	11:51	8.0	5:30	9:00	
18	Tue	4:09	10.5	7:11	11.9	11:27	-2.5			5:31	8:59	
19	Wed	4:57	10.6	7:38	12.2	12:26	7.5	12:09	-2.7	5:32	8:58	
20	Thu	5:48	10.6	8:05	12.4	1:04	6.8	12:50	-2.4	5:33	8:57	
21	Fri	6:42	10.3	8:35	12.6	1:47	5.9	1:32	-1.7	5:34	8:56	
22	Sat	7:42	9.9	9:05	12.7	2:33	4.8	2:14	-0.4	5:35	8:55	
23	Sun	8:48	9.3	9:38	12.7	3:23	3.5	2:58	1.3	5:36	8:54	
24	Mon	10:03	8.8	10:13	12.5	4:16	2.2	3:44	3.2	5:38	8:53	
25	Tue	11:32	8.5	10:52	12.2	5:12	1.0	4:38	5.2	5:39	8:52	
26	Wed			1:25	8.8	6:10	0.0	5:48	6.9	5:40	8:51	
27	Thu			3:15	9.8	7:10	-0.8	7:23	8.1	5:41	8:49	
28	Fri	12:31	11.3	4:28	10.8	8:10	-1.4	9:04	8.3	5:42	8:48	
29	Sat	1:32	10.9	5:19	11.5	9:06	-1.9	10:19	8.0	5:44	8:47	
30	Sun	2:34	10.7	5:59	11.9	9:57	-2.1	11:13	7.5	5:45	8:46	
31	Mon	3:32	10.6	6:33	12.0	10:44	-2.1	11:56	6.9	5:46	8:44	