



















Des Moines, WA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:17	13.0	7:15	9.5	1:08	-0.9	2:24	5.8	7:56	4:29	
2	Tue	8:49	13.0	8:23	8.9	1:49	0.4	3:15	4.6	7:56	4:30	
3	Wed	9:22	13.0	9:44	8.4	2:33	2.0	4:09	3.3	7:56	4:31	
4	Thu	9:58	12.9	11:23	8.4	3:20	3.9	5:06	1.9	7:56	4:32	
5	Fri	10:38	12.6			4:17	5.8	6:03	0.5	7:56	4:33	
6	Sat	1:20	9.2	11:23 AM	12.4	5:32	7.5	6:59	-0.7	7:56	4:34	
7	Sun	2:57	10.4	12:14	12.1	7:04	8.6	7:53	-1.7	7:55	4:35	
8	Mon	4:01	11.5	1:09	11.9	8:33	8.9	8:44	-2.5	7:55	4:36	
9	Tue	4:49	12.4	2:06	11.7	9:43	8.7	9:33	-2.8	7:55	4:38	
10	Wed	5:29	12.9	3:02	11.5	10:39	8.2	10:19	-2.9	7:54	4:39	
11	Thu	6:06	13.1	3:56	11.3	11:27	7.7	11:04	-2.5	7:54	4:40	
12	Fri	6:39	13.2	4:50	10.9			12:13	7.0	7:53	4:41	
13	Sat	7:10	13.1	5:44	10.3			12:58	6.3	7:53	4:43	
14	Sun	7:39	13.0	6:39	9.7	12:27	-0.9	1:43	5.5	7:52	4:44	
15	Mon	8:07	12.9	7:37	9.1	1:07	0.4	2:29	4.7	7:51	4:45	
16	Tue	8:36	12.6	8:42	8.5	1:47	1.9	3:15	3.9	7:51	4:47	
17	Wed	9:06	12.2	10:00	8.1	2:26	3.6	4:03	3.1	7:50	4:48	
18	Thu	9:38	11.8	11:46	8.2	3:09	5.3	4:53	2.4	7:49	4:49	
19	Fri	10:14	11.3			4:01	6.9	5:44	1.8	7:48	4:51	
20	Sat	1:58	9.0	10:56 AM	10.8	5:23	8.2	6:35	1.2	7:48	4:52	
21	Sun	3:19	10.0	11:46 AM	10.5	7:24	8.9	7:25	0.5	7:47	4:54	
22	Mon	4:05	10.8	12:39	10.3	8:58	8.9	8:11	-0.1	7:46	4:55	
23	Tue	4:39	11.4	1:32	10.3	9:48	8.7	8:54	-0.7	7:45	4:57	
24	Wed	5:06	11.8	2:20	10.5	10:20	8.4	9:34	-1.2	7:44	4:58	
25	Thu	5:29	12.1	3:05	10.7	10:46	8.0	10:13	-1.6	7:43	5:00	
26	Fri	5:51	12.3	3:50	10.8	11:14	7.4	10:51	-1.7	7:42	5:01	
27	Sat	6:12	12.5	4:37	10.9	11:46	6.7	11:29	-1.5	7:41	5:03	
28	Sun	6:36	12.8	5:27	10.7			12:23	5.7	7:39	5:04	
29	Mon	7:01	13.0	6:21	10.5	12:08	-0.8	1:03	4.6	7:38	5:06	
30	Tue	7:29	13.1	7:20	10.0	12:47	0.3	1:47	3.4	7:37	5:07	
31	Wed	7:59	13.1	8:26	9.6	1:27	1.8	2:36	2.2	7:36	5:09	