





























## Des Moines, WA - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:59	12.0	6:39	12.3	11:15	-3.6	11:55	7.1	5:16	9:09	
2	Sun	4:48	11.8	7:26	12.7			12:02	-3.9	5:17	9:09	
3	Mon	5:40	11.5	8:13	12.9	12:50	6.9	12:50	-3.7	5:18	9:09	
4	Tue	6:37	11.0	8:58	12.9	1:46	6.5	1:38	-3.0	5:18	9:08	
5	Wed	7:37	10.2	9:43	12.8	2:45	6.0	2:28	-1.9	5:19	9:08	
6	Thu	8:43	9.4	10:27	12.7	3:48	5.3	3:18	-0.5	5:20	9:07	
7	Fri	9:57	8.5	11:12	12.4	4:53	4.4	4:11	1.1	5:21	9:07	
8	Sat	11:25	8.0	11:56	12.1	5:58	3.4	5:09	2.9	5:22	9:06	
9	Sun			1:07	8.0	7:00	2.4	6:15	4.5	5:22	9:06	
10	Mon	12:41	11.7	2:48	8.6	7:55	1.4	7:32	5.8	5:23	9:05	
11	Tue	1:25	11.3	4:06	9.5	8:43	0.5	8:52	6.6	5:24	9:05	
12	Wed	2:08	10.9	5:04	10.4	9:24	-0.2	10:01	7.0	5:25	9:04	
13	Thu	2:49	10.6	5:50	11.0	10:01	-0.7	10:57	7.1	5:26	9:03	
14	Fri	3:28	10.4	6:26	11.4	10:36	-1.1	11:42	7.2	5:27	9:02	
15	Sat	4:06	10.2	6:57	11.5	11:10	-1.3			5:28	9:02	
16	Sun	4:44	10.1	7:23	11.6	12:19	7.1	11:44 AM	-1.4	5:29	9:01	
17	Mon	5:22	10.0	7:48	11.7	12:51	7.0	12:19	-1.4	5:30	9:00	
18	Tue	6:02	9.8	8:13	11.8	1:24	6.7	12:55	-1.2	5:31	8:59	
19	Wed	6:43	9.6	8:42	11.9	1:58	6.3	1:31	-0.9	5:32	8:58	
20	Thu	7:28	9.3	9:12	11.9	2:36	5.9	2:09	-0.3	5:33	8:57	
21	Fri	8:17	8.9	9:45	11.9	3:17	5.3	2:47	0.6	5:35	8:56	
22	Sat	9:13	8.5	10:19	11.8	4:03	4.6	3:28	1.7	5:36	8:55	
23	Sun	10:19	8.2	10:56	11.7	4:52	3.7	4:13	3.0	5:37	8:54	
24	Mon	11:37	8.1	11:36	11.6	5:45	2.7	5:06	4.4	5:38	8:53	
25	Tue			1:06	8.4	6:39	1.5	6:11	5.7	5:39	8:51	
26	Wed	12:20	11.5	2:38	9.1	7:34	0.3	7:28	6.7	5:40	8:50	
27	Thu	1:09	11.4	3:53	10.1	8:28	-0.9	8:45	7.2	5:42	8:49	
28	Fri	2:01	11.5	4:50	11.0	9:19	-2.0	9:53	7.3	5:43	8:48	
29	Sat	2:54	11.6	5:38	11.7	10:10	-2.8	10:51	7.0	5:44	8:46	
30	Sun	3:48	11.7	6:21	12.2	10:59	-3.2	11:44	6.5	5:45	8:45	
31	Mon	4:42	11.6	7:02	12.5	11:47	-3.2			5:47	8:44	