
































Des Moines, WA - Nov 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:59	11.6	7:21	9.0	1:33	-0.3	3:01	7.3	6:53	4:51	
2	Thu	9:54	11.4	8:15	8.4	2:17	0.3	4:26	7.3	6:55	4:50	
3	Fri	10:53	11.2	9:25	7.8	3:07	1.0	6:02	6.8	6:56	4:48	
4	Sat	11:51	11.1	10:49	7.5	4:03	1.7	7:05	6.1	6:58	4:47	
5	Sun			12:40	11.2	5:05	2.4	7:45	5.3	6:59	4:45	
6	Mon	12:12	7.7	1:20	11.3	6:08	2.9	8:13	4.4	7:01	4:44	
7	Tue	1:22	8.2	1:52	11.5	7:07	3.2	8:38	3.4	7:02	4:43	
8	Wed	2:20	8.9	2:21	11.6	8:00	3.6	9:03	2.2	7:04	4:41	
9	Thu	3:10	9.7	2:48	11.7	8:47	4.0	9:31	1.0	7:05	4:40	
10	Fri	3:55	10.5	3:16	11.9	9:32	4.6	10:03	-0.2	7:07	4:39	
11	Sat	4:40	11.3	3:46	11.9	10:16	5.2	10:38	-1.3	7:08	4:37	
12	Sun	5:26	11.9	4:18	11.9	11:01	5.8	11:17	-2.1	7:10	4:36	
13	Mon	6:14	12.3	4:54	11.7	11:48	6.4	11:59	-2.5	7:11	4:35	
14	Tue	7:05	12.6	5:35	11.3			12:39	6.9	7:13	4:34	
15	Wed	7:59	12.7	6:21	10.8	12:44	-2.5	1:36	7.2	7:14	4:33	
16	Thu	8:56	12.6	7:18	10.1	1:34	-2.1	2:43	7.3	7:16	4:32	
17	Fri	9:57	12.4	8:28	9.2	2:27	-1.3	4:03	7.0	7:17	4:31	
18	Sat	10:58	12.4	9:56	8.5	3:26	-0.3	5:29	6.2	7:19	4:30	
19	Sun	11:56	12.3	11:36	8.3	4:31	0.9	6:42	4.9	7:20	4:29	
20	Mon			12:47	12.4	5:40	2.1	7:37	3.5	7:22	4:28	
21	Tue	1:12	8.7	1:29	12.4	6:49	3.1	8:22	2.1	7:23	4:27	
22	Wed	2:31	9.4	2:06	12.3	7:54	4.0	9:00	0.8	7:24	4:26	
23	Thu	3:35	10.3	2:39	12.2	8:53	4.8	9:35	-0.2	7:26	4:25	
24	Fri	4:30	11.0	3:10	11.9	9:46	5.6	10:08	-0.9	7:27	4:24	
25	Sat	5:18	11.6	3:41	11.6	10:35	6.2	10:40	-1.4	7:28	4:24	
26	Sun	6:01	12.0	4:12	11.2	11:22	6.8	11:13	-1.5	7:30	4:23	
27	Mon	6:40	12.3	4:46	10.7			12:08	7.2	7:31	4:22	
28	Tue	7:17	12.4	5:22	10.2			12:55	7.4	7:32	4:22	
29	Wed	7:55	12.3	6:02	9.7	12:23	-1.2	1:45	7.5	7:34	4:21	
30	Thu	8:33	12.3	6:47	9.1	1:02	-0.7	2:40	7.4	7:35	4:21	