
































## Des Moines, WA - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:16	11.8	3:08	9.0	7:41	0.4	7:26	6.9	5:16	9:09	
2	Thu	12:59	11.3	4:24	10.1	8:30	-0.4	8:57	7.6	5:17	9:09	
3	Fri	1:44	10.9	5:20	11.0	9:14	-0.9	10:14	7.9	5:18	9:09	
4	Sat	2:29	10.5	6:04	11.5	9:55	-1.3	11:11	7.8	5:18	9:08	
5	Sun	3:14	10.3	6:40	11.8	10:33	-1.5	11:55	7.7	5:19	9:08	
6	Mon	3:56	10.1	7:09	11.8	11:09	-1.6			5:20	9:07	
7	Tue	4:38	10.0	7:34	11.8	12:31	7.5	11:45 AM	-1.6	5:21	9:07	
8	Wed	5:20	9.9	7:56	11.8	1:02	7.2	12:20	-1.5	5:21	9:06	
9	Thu	6:02	9.7	8:18	11.8	1:32	6.8	12:56	-1.2	5:22	9:06	
10	Fri	6:45	9.4	8:42	11.9	2:05	6.3	1:31	-0.7	5:23	9:05	
11	Sat	7:32	9.0	9:08	12.0	2:41	5.7	2:06	0.1	5:24	9:05	
12	Sun	8:24	8.6	9:35	12.0	3:21	4.9	2:42	1.2	5:25	9:04	
13	Mon	9:22	8.2	10:05	11.8	4:03	4.0	3:19	2.5	5:26	9:03	
14	Tue	10:30	7.9	10:36	11.7	4:49	3.0	3:59	4.0	5:27	9:03	
15	Wed	11:53	7.9	11:11	11.5	5:38	1.9	4:47	5.6	5:28	9:02	
16	Thu			1:33	8.4	6:31	0.8	5:51	7.0	5:29	9:01	
17	Fri			3:14	9.3	7:25	-0.3	7:17	8.1	5:30	9:00	
18	Sat	12:40	11.2	4:25	10.3	8:20	-1.4	8:44	8.5	5:31	8:59	
19	Sun	1:36	11.3	5:13	11.2	9:13	-2.4	9:56	8.4	5:32	8:58	
20	Mon	2:34	11.4	5:54	11.8	10:05	-3.1	10:53	7.9	5:33	8:57	
21	Tue	3:33	11.5	6:31	12.2	10:55	-3.5	11:44	7.2	5:34	8:56	
22	Wed	4:32	11.5	7:06	12.5	11:43	-3.5			5:36	8:55	
23	Thu	5:31	11.3	7:40	12.7	12:34	6.3	12:30	-2.9	5:37	8:54	
24	Fri	6:32	10.8	8:14	12.8	1:24	5.2	1:16	-1.9	5:38	8:53	
25	Sat	7:35	10.2	8:48	12.8	2:15	4.1	2:01	-0.4	5:39	8:52	
26	Sun	8:42	9.5	9:23	12.6	3:07	3.0	2:47	1.4	5:40	8:50	
27	Mon	9:56	8.9	10:00	12.2	4:01	2.1	3:36	3.3	5:41	8:49	
28	Tue	11:25	8.6	10:40	11.6	4:56	1.3	4:31	5.2	5:43	8:48	
29	Wed			1:16	8.8	5:53	0.8	5:43	6.8	5:44	8:47	
30	Thu			3:01	9.6	6:51	0.4	7:26	7.7	5:45	8:45	
31	Fri	12:16	10.4	4:12	10.4	7:49	0.0	9:09	7.9	5:46	8:44	