
































Des Moines, WA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:10	10.6	3:02	11.5	9:35	5.6	9:58	-0.7	6:53	4:52	
2	Mon	4:53	11.3	3:29	11.5	10:17	6.3	10:32	-1.7	6:55	4:50	
3	Tue	5:37	11.9	4:00	11.5	11:00	6.9	11:10	-2.4	6:56	4:49	
4	Wed	6:23	12.2	4:34	11.4	11:46	7.4	11:52	-2.8	6:58	4:47	
5	Thu	7:12	12.4	5:14	11.1			12:35	7.8	6:59	4:46	
6	Fri	8:04	12.3	6:01	10.7	12:38	-2.7	1:31	7.9	7:01	4:44	
7	Sat	9:00	12.2	6:59	10.0	1:28	-2.2	2:37	7.8	7:02	4:43	
8	Sun	9:58	12.1	8:13	9.2	2:22	-1.4	3:56	7.3	7:04	4:42	
9	Mon	10:54	12.0	9:45	8.4	3:20	-0.3	5:20	6.3	7:05	4:40	
10	Tue	11:46	12.1	11:29	8.2	4:23	1.0	6:30	4.8	7:07	4:39	
11	Wed			12:30	12.2	5:30	2.3	7:23	3.2	7:08	4:38	
12	Thu	1:09	8.6	1:09	12.2	6:39	3.6	8:08	1.5	7:10	4:36	
13	Fri	2:31	9.5	1:45	12.2	7:44	4.7	8:47	0.1	7:11	4:35	
14	Sat	3:38	10.5	2:18	12.1	8:46	5.7	9:23	-1.1	7:13	4:34	
15	Sun	4:35	11.4	2:50	11.9	9:42	6.5	9:58	-1.8	7:14	4:33	
16	Mon	5:24	12.0	3:23	11.5	10:35	7.1	10:32	-2.2	7:16	4:32	
17	Tue	6:08	12.4	3:58	11.1	11:25	7.5	11:08	-2.2	7:17	4:31	
18	Wed	6:49	12.5	4:34	10.6			12:14	7.8	7:18	4:30	
19	Thu	7:28	12.5	5:14	10.1			1:03	7.8	7:20	4:29	
20	Fri	8:06	12.3	5:58	9.6	12:23	-1.5	1:54	7.8	7:21	4:28	
21	Sat	8:45	12.1	6:48	9.0	1:04	-0.9	2:51	7.5	7:23	4:27	
22	Sun	9:25	11.9	7:46	8.4	1:47	-0.1	3:54	7.1	7:24	4:26	
23	Mon	10:05	11.7	8:55	7.8	2:32	0.9	4:59	6.4	7:25	4:25	
24	Tue	10:46	11.6	10:17	7.4	3:20	1.9	5:54	5.5	7:27	4:24	
25	Wed	11:24	11.6	11:46	7.5	4:12	3.1	6:36	4.4	7:28	4:24	
26	Thu	11:59	11.5			5:08	4.3	7:11	3.2	7:29	4:23	
27	Fri	1:13	8.1	12:32	11.5	6:10	5.4	7:44	1.9	7:31	4:22	
28	Sat	2:26	9.0	1:04	11.6	7:13	6.4	8:16	0.5	7:32	4:22	
29	Sun	3:24	10.1	1:36	11.6	8:13	7.1	8:51	-0.8	7:33	4:21	
30	Mon	4:12	11.0	2:09	11.7	9:09	7.7	9:28	-1.9	7:35	4:21	