





























## Des Moines, WA - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:25	11.2	6:10	11.4	10:41	-2.2	11:17	7.5	5:16	9:09	
2	Tue	4:06	11.3	6:51	12.0	11:23	-3.0			5:17	9:09	
3	Wed	4:50	11.2	7:33	12.4	12:05	7.4	12:07	-3.4	5:17	9:09	
4	Thu	5:38	11.1	8:15	12.6	12:55	7.2	12:52	-3.4	5:18	9:08	
5	Fri	6:32	10.8	8:58	12.8	1:47	6.8	1:39	-2.9	5:19	9:08	
6	Sat	7:31	10.2	9:41	12.8	2:42	6.3	2:28	-2.1	5:20	9:08	
7	Sun	8:37	9.5	10:24	12.7	3:42	5.5	3:18	-0.8	5:20	9:07	
8	Mon	9:52	8.7	11:08	12.6	4:45	4.5	4:11	0.9	5:21	9:07	
9	Tue	11:19	8.2	11:53	12.4	5:50	3.3	5:09	2.6	5:22	9:06	
10	Wed			1:02	8.1	6:53	2.0	6:16	4.3	5:23	9:06	
11	Thu	12:39	12.1	2:46	8.8	7:50	0.8	7:32	5.7	5:24	9:05	
12	Fri	1:26	11.8	4:07	9.8	8:42	-0.3	8:51	6.6	5:25	9:04	
13	Sat	2:11	11.5	5:08	10.8	9:28	-1.1	10:03	7.0	5:26	9:04	
14	Sun	2:56	11.2	5:57	11.4	10:10	-1.6	11:03	7.1	5:27	9:03	
15	Mon	3:39	10.9	6:37	11.8	10:49	-1.9	11:52	7.1	5:28	9:02	
16	Tue	4:21	10.6	7:12	11.9	11:27	-1.9			5:29	9:01	
17	Wed	5:03	10.3	7:42	11.9	12:35	7.0	12:04	-1.8	5:30	9:00	
18	Thu	5:45	10.0	8:09	11.9	1:14	6.8	12:40	-1.5	5:31	8:59	
19	Fri	6:28	9.7	8:36	11.8	1:51	6.5	1:17	-1.0	5:32	8:59	
20	Sat	7:13	9.4	9:04	11.8	2:28	6.1	1:55	-0.4	5:33	8:58	
21	Sun	8:01	8.9	9:35	11.7	3:08	5.6	2:32	0.5	5:34	8:57	
22	Mon	8:54	8.5	10:07	11.6	3:51	5.0	3:11	1.6	5:35	8:55	
23	Tue	9:53	8.0	10:42	11.4	4:37	4.3	3:51	2.8	5:36	8:54	
24	Wed	11:03	7.7	11:19	11.2	5:26	3.6	4:37	4.1	5:37	8:53	
25	Thu			12:26	7.8	6:16	2.7	5:31	5.4	5:39	8:52	
26	Fri			1:59	8.3	7:07	1.7	6:40	6.5	5:40	8:51	
27	Sat	12:40	10.8	3:22	9.2	7:56	0.7	7:59	7.3	5:41	8:50	
28	Sun	1:25	10.7	4:22	10.1	8:44	-0.4	9:11	7.6	5:42	8:48	
29	Mon	2:12	10.8	5:08	10.9	9:31	-1.5	10:10	7.5	5:43	8:47	
30	Tue	3:01	11.0	5:48	11.5	10:17	-2.3	11:00	7.3	5:45	8:46	
31	Wed	3:51	11.3	6:26	12.0	11:04	-2.9	11:47	6.8	5:46	8:45	