































## Des Moines, WA - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:20	10.2	7:18	11.6	12:01	7.5	11:31 AM	-1.6	5:17	9:09	
2	Mon	4:56	10.0	7:46	11.8	12:38	7.6	12:05	-1.7	5:17	9:09	
3	Tue	5:34	9.8	8:14	11.9	1:13	7.5	12:41	-1.7	5:18	9:09	
4	Wed	6:14	9.6	8:45	12.0	1:49	7.3	1:19	-1.6	5:19	9:08	
5	Thu	6:57	9.4	9:17	12.1	2:28	6.9	1:57	-1.2	5:20	9:08	
6	Fri	7:44	9.0	9:51	12.1	3:10	6.5	2:37	-0.6	5:20	9:07	
7	Sat	8:39	8.6	10:26	12.1	3:57	5.8	3:19	0.3	5:21	9:07	
8	Sun	9:44	8.1	11:02	12.0	4:48	5.0	4:04	1.5	5:22	9:06	
9	Mon	11:00	7.8	11:41	12.0	5:41	3.9	4:54	2.9	5:23	9:06	
10	Tue			12:29	7.9	6:34	2.5	5:53	4.4	5:24	9:05	
11	Wed	12:21	11.9	2:03	8.5	7:27	1.1	7:02	5.8	5:25	9:04	
12	Thu	1:03	11.9	3:29	9.5	8:18	-0.4	8:17	6.8	5:26	9:04	
13	Fri	1:49	11.9	4:38	10.6	9:08	-1.8	9:29	7.3	5:27	9:03	
14	Sat	2:36	11.9	5:33	11.5	9:56	-2.8	10:33	7.5	5:28	9:02	
15	Sun	3:26	11.9	6:21	12.1	10:45	-3.5	11:31	7.4	5:29	9:01	
16	Mon	4:18	11.8	7:06	12.5	11:32	-3.7			5:30	9:01	
17	Tue	5:12	11.5	7:48	12.7	12:25	7.0	12:20	-3.5	5:31	9:00	
18	Wed	6:07	11.1	8:29	12.7	1:18	6.5	1:07	-2.9	5:32	8:59	
19	Thu	7:05	10.4	9:08	12.6	2:12	5.9	1:54	-1.9	5:33	8:58	
20	Fri	8:06	9.7	9:47	12.4	3:07	5.2	2:41	-0.5	5:34	8:57	
21	Sat	9:12	8.9	10:25	12.1	4:05	4.4	3:28	1.1	5:35	8:56	
22	Sun	10:27	8.2	11:05	11.7	5:03	3.6	4:19	2.8	5:36	8:55	
23	Mon	11:57	7.9	11:45	11.3	6:01	2.8	5:16	4.5	5:37	8:54	
24	Tue			1:46	8.2	6:57	1.9	6:28	6.0	5:38	8:52	
25	Wed	12:28	10.8	3:22	9.0	7:49	1.2	7:57	7.0	5:40	8:51	
26	Thu	1:13	10.4	4:29	9.9	8:35	0.5	9:23	7.4	5:41	8:50	
27	Fri	1:59	10.2	5:16	10.6	9:17	-0.1	10:27	7.4	5:42	8:49	
28	Sat	2:44	10.0	5:53	11.1	9:56	-0.5	11:12	7.4	5:43	8:48	
29	Sun	3:26	9.9	6:23	11.3	10:33	-0.9	11:47	7.2	5:45	8:46	
30	Mon	4:07	10.0	6:49	11.5	11:09	-1.2			5:46	8:45	
31	Tue	4:46	10.0	7:13	11.6	12:16	7.0	11:45 AM	-1.3	5:47	8:43	