

Upright Head, Lopez Island, WA - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:11	7.6	5:04	6.4	9:16	-0.4	8:26	5.8	5:13	9:17	
2	Sun	1:38	7.5	5:49	7.0	9:52	-0.8	9:38	6.1	5:14	9:17	
3	Mon	2:08	7.3	6:28	7.4	10:25	-1.1	10:41	6.2	5:14	9:16	
4	Tue	2:41	7.2	7:03	7.6	10:57	-1.2	11:34	6.2	5:15	9:16	
5	Wed	3:18	7.0	7:37	7.8	11:28	-1.2			5:16	9:15	
6	Thu	3:57	6.8	8:11	7.9	12:23	6.1	11:59 AM	-1.1	5:16	9:15	
7	Fri	4:37	6.5	8:42	7.9	1:11	5.9	12:30	-0.8	5:17	9:15	
8	Sat	5:19	6.1	9:12	7.9	2:03	5.6	1:02	-0.4	5:18	9:14	
9	Sun	6:04	5.7	9:37	7.8	2:55	5.2	1:34	0.1	5:19	9:13	
10	Mon	6:54	5.2	9:57	7.7	3:42	4.7	2:09	0.7	5:20	9:13	
11	Tue	7:58	4.7	10:13	7.6	4:26	4.1	2:45	1.5	5:21	9:12	
12	Wed	9:24	4.3	10:32	7.6	5:10	3.4	3:24	2.4	5:22	9:11	
13	Thu	11:45	4.2	10:57	7.7	5:56	2.5	4:08	3.3	5:23	9:11	
14	Fri			2:05	4.8	6:43	1.5	5:02	4.3	5:24	9:10	
15	Sat			3:24	5.6	7:30	0.5	6:12	5.2	5:25	9:09	
16	Sun	12:10	7.9	4:25	6.5	8:16	-0.6	7:34	5.8	5:26	9:08	
17	Mon	12:55	7.9	5:14	7.2	9:03	-1.4	8:53	6.1	5:27	9:07	
18	Tue	1:45	8.0	5:58	7.9	9:50	-2.1	10:05	6.2	5:28	9:06	
19	Wed	2:38	7.9	6:38	8.3	10:37	-2.5	11:10	6.0	5:29	9:05	
20	Thu	3:36	7.7	7:16	8.5	11:24	-2.4			5:30	9:04	
21	Fri	4:37	7.4	7:54	8.5	12:11	5.5	12:09	-2.0	5:32	9:03	
22	Sat	5:39	6.9	8:31	8.5	1:10	5.0	12:53	-1.3	5:33	9:02	
23	Sun	6:44	6.3	9:07	8.3	2:12	4.3	1:37	-0.3	5:34	9:01	
24	Mon	7:57	5.6	9:41	8.1	3:14	3.5	2:21	0.9	5:35	9:00	
25	Tue	9:32	5.0	10:13	7.9	4:14	2.8	3:03	2.1	5:36	8:59	
26	Wed	11:27	4.8	10:44	7.7	5:14	2.0	3:45	3.3	5:38	8:57	
27	Thu			1:12	5.0	6:14	1.4	4:29	4.3	5:39	8:56	
28	Fri			2:39	5.5	7:10	0.8	5:22	5.1	5:40	8:55	
29	Sat			3:48	6.0	8:00	0.3	6:41	5.7	5:41	8:53	
30	Sun	12:21	7.2	4:42	6.5	8:44	-0.1	8:18	6.0	5:43	8:52	
31	Mon	1:02	7.1	5:22	6.9	9:23	-0.4	9:32	6.0	5:44	8:51	