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# Upright Head, Lopez Island, WA - May 1980

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | **4:58** | 6.6 | **7:56** | 7.1 | | | **12:14** | -0.2 | 5:50 | 8:26 | |
| 2 | Fri | **5:20** | 6.6 | **8:45** | 7.3 | **12:38** | 5.0 | **12:46** | -0.5 | 5:48 | 8:27 | |
| 3 | Sat | **5:43** | 6.5 | **9:38** | 7.4 | **1:25** | 5.4 | **1:23** | -0.7 | 5:47 | 8:29 | |
| 4 | Sun | **6:07** | 6.4 | **10:32** | 7.5 | **2:19** | 5.7 | **2:03** | -0.7 | 5:45 | 8:30 | |
| 5 | Mon | **6:33** | 6.2 | **11:25** | 7.6 | **3:24** | 5.9 | **2:47** | -0.6 | 5:44 | 8:32 | |
| 6 | Tue | **7:02** | 5.9 | | | **4:45** | 5.8 | **3:36** | -0.4 | 5:42 | 8:33 | |
| 7 | Wed | **12:15** | 7.7 | | | | | **4:30** | 0.1 | 5:41 | 8:34 | |
| 8 | Thu | **12:57** | 7.8 | **10:01 AM** | 4.9 | **7:34** | 4.7 | **5:29** | 0.7 | 5:39 | 8:36 | |
| 9 | Fri | **1:33** | 7.8 | **12:08** | 4.7 | **8:08** | 3.8 | **6:34** | 1.4 | 5:38 | 8:37 | |
| 10 | Sat | **2:04** | 7.8 | **2:13** | 5.1 | **8:44** | 2.6 | **7:40** | 2.1 | 5:36 | 8:39 | |
| 11 | Sun | **2:33** | 7.8 | **3:43** | 5.8 | **9:21** | 1.4 | **8:43** | 2.9 | 5:35 | 8:40 | |
| 12 | Mon | **3:01** | 7.7 | **4:56** | 6.5 | **10:00** | 0.2 | **9:44** | 3.7 | 5:33 | 8:41 | |
| 13 | Tue | **3:31** | 7.7 | **5:59** | 7.2 | **10:41** | -0.8 | **10:43** | 4.4 | 5:32 | 8:43 | |
| 14 | Wed | **4:01** | 7.6 | **6:57** | 7.8 | **11:22** | -1.6 | **11:41** | 5.1 | 5:31 | 8:44 | |
| 15 | Thu | **4:34** | 7.5 | **7:53** | 8.1 | | | **12:04** | -2.0 | 5:29 | 8:45 | |
| 16 | Fri | **5:06** | 7.3 | **8:48** | 8.2 | **12:39** | 5.5 | **12:46** | -2.1 | 5:28 | 8:47 | |
| 17 | Sat | **5:40** | 6.9 | **9:43** | 8.2 | **1:44** | 5.8 | **1:29** | -1.8 | 5:27 | 8:48 | |
| 18 | Sun | **6:12** | 6.5 | **10:36** | 8.2 | **3:02** | 5.9 | **2:13** | -1.3 | 5:26 | 8:49 | |
| 19 | Mon | **6:45** | 5.9 | **11:26** | 8.0 | **4:29** | 5.7 | **2:57** | -0.6 | 5:24 | 8:51 | |
| 20 | Tue | | | | | | | **3:42** | 0.2 | 5:23 | 8:52 | |
| 21 | Wed | **12:12** | 7.9 | | | | | **4:27** | 1.0 | 5:22 | 8:53 | |
| 22 | Thu | **12:52** | 7.7 | **10:26 AM** | 4.1 | **8:05** | 3.9 | **5:15** | 1.8 | 5:21 | 8:54 | |
| 23 | Fri | **1:26** | 7.5 | **1:29** | 4.1 | **8:34** | 3.2 | **6:08** | 2.6 | 5:20 | 8:55 | |
| 24 | Sat | **1:53** | 7.4 | **2:54** | 4.6 | **9:00** | 2.4 | **7:07** | 3.3 | 5:19 | 8:57 | |
| 25 | Sun | **2:14** | 7.2 | **4:01** | 5.1 | **9:26** | 1.6 | **8:05** | 3.9 | 5:18 | 8:58 | |
| 26 | Mon | **2:30** | 7.2 | **4:59** | 5.8 | **9:51** | 0.9 | **9:00** | 4.5 | 5:17 | 8:59 | |
| 27 | Tue | **2:45** | 7.1 | **5:48** | 6.4 | **10:17** | 0.2 | **9:53** | 4.9 | 5:16 | 9:00 | |
| 28 | Wed | **3:05** | 7.1 | **6:32** | 6.9 | **10:45** | -0.4 | **10:44** | 5.4 | 5:16 | 9:01 | |
| 29 | Thu | **3:29** | 7.0 | **7:16** | 7.4 | **11:15** | -0.9 | **11:34** | 5.7 | 5:15 | 9:02 | |
| 30 | Fri | **3:56** | 7.0 | **7:59** | 7.7 | **11:47** | -1.3 | | | 5:14 | 9:03 | |
| 31 | Sat | **4:26** | 6.9 | **8:43** | 8.0 | **12:25** | 6.0 | **12:22** | -1.5 | 5:13 | 9:04 | |