

Upright Head, Lopez Island, WA - Dec 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:37	8.8							7:42	4:18	
2	Sat	9:17	8.8			12:19	-1.2			7:44	4:18	
3	Sun	9:51	8.8			12:58	-0.8			7:45	4:17	
4	Mon	10:19	8.7			1:39	-0.2			7:46	4:17	
5	Tue	10:40	8.6	8:10	4.8	2:22	0.7	6:00	4.6	7:47	4:16	
6	Wed	10:56	8.5	11:15	4.5	3:08	1.9	6:17	3.3	7:48	4:16	
7	Thu	11:12	8.5			3:59	3.2	6:47	1.7	7:49	4:16	
8	Fri	1:39	5.4	11:33 AM	8.5	5:00	4.6	7:24	0.2	7:50	4:16	
9	Sat	3:08	6.5	11:59 AM	8.7	6:13	5.9	8:04	-1.2	7:51	4:16	
10	Sun	4:17	7.7	12:29	8.8	7:30	6.9	8:47	-2.2	7:52	4:16	
11	Mon	5:12	8.6	1:04	8.9	8:46	7.6	9:32	-2.9	7:53	4:16	
12	Tue	6:01	9.2	1:43	8.8	9:59	7.9	10:17	-3.2	7:54	4:16	
13	Wed	6:48	9.5	2:26	8.6	11:07	8.0	11:02	-3.0	7:55	4:16	
14	Thu	7:34	9.5	3:11	8.2			12:19	7.8	7:56	4:16	
15	Fri	8:17	9.4	3:59	7.6			1:40	7.4	7:57	4:16	
16	Sat	8:56	9.2	4:47	6.8	12:28	-1.7	2:58	6.7	7:58	4:16	
17	Sun	9:32	9.0			1:09	-0.6			7:58	4:16	
18	Mon	10:04	8.7	7:01	5.0	1:47	0.6	5:08	4.9	7:59	4:17	
19	Tue	10:30	8.5	9:54	4.3	2:22	1.8	5:54	3.9	8:00	4:17	
20	Wed	10:49	8.2			2:56	3.0	6:30	2.8	8:00	4:18	
21	Thu	12:40	4.6	11:01 AM	8.0	3:29	4.2	7:01	1.9	8:01	4:18	
22	Fri	11:10	8.0					7:32	1.0	8:01	4:19	
23	Sat	11:25	8.0					8:02	0.3	8:02	4:19	
24	Sun	4:36	7.1	11:49 AM	8.0	6:43	6.9	8:33	-0.4	8:02	4:20	
25	Mon	5:12	7.7	12:18	8.0	8:11	7.4	9:06	-0.9	8:02	4:20	
26	Tue	5:46	8.2	12:51	8.0	9:28	7.6	9:40	-1.3	8:03	4:21	
27	Wed	6:20	8.6	1:25	8.0	10:31	7.7	10:14	-1.5	8:03	4:22	
28	Thu	6:55	8.9	2:02	7.8	11:25	7.6	10:49	-1.6	8:03	4:23	
29	Fri	7:28	9.0	2:42	7.6			12:22	7.5	8:03	4:23	
30	Sat	7:59	9.1	3:32	7.3			1:21	7.1	8:03	4:24	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	8:26	9.0	4:32	6.7			2:14	6.5	8:03	4:25	