

Upright Head, Lopez Island, WA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:41	8.8	5:49	6.0	12:34	-0.3	2:46	5.6	8:03	4:26	
2	Tue	8:57	8.7	7:16	5.3	1:11	0.7	3:31	4.5	8:03	4:27	
3	Wed	9:11	8.6	9:23	4.8	1:50	2.0	4:18	3.2	8:03	4:28	
4	Thu	9:28	8.6			2:30	3.4	5:09	1.9	8:03	4:29	
5	Fri	12:25	5.2	9:51 AM	8.7	3:13	4.8	6:01	0.5	8:03	4:30	
6	Sat	2:19	6.3	10:21 AM	8.8	4:04	6.2	6:53	-0.6	8:02	4:32	
7	Sun	3:40	7.4	10:58 AM	8.8	5:28	7.2	7:43	-1.6	8:02	4:33	
8	Mon	4:31	8.2	11:43 AM	8.8	7:16	7.9	8:32	-2.2	8:02	4:34	
9	Tue	5:11	8.8	12:35	8.7	8:54	8.0	9:20	-2.5	8:01	4:35	
10	Wed	5:48	9.1	1:30	8.5	10:10	7.8	10:05	-2.4	8:01	4:36	
11	Thu	6:24	9.2	2:28	8.1	11:10	7.4	10:47	-2.0	8:00	4:38	
12	Fri	6:57	9.2	3:28	7.6			12:05	6.8	8:00	4:39	
13	Sat	7:29	9.1	4:27	6.9			1:00	6.2	7:59	4:40	
14	Sun	7:58	8.9	5:26	6.2	12:03	-0.4	1:54	5.4	7:59	4:42	
15	Mon	8:23	8.6	6:31	5.5	12:36	0.7	2:44	4.6	7:58	4:43	
16	Tue	8:43	8.3	8:01	5.0	1:08	1.8	3:31	3.8	7:57	4:45	
17	Wed	8:56	8.1	10:25	4.7	1:37	3.0	4:17	3.0	7:56	4:46	
18	Thu	9:05	8.0			2:05	4.1	5:03	2.2	7:56	4:48	
19	Fri	12:42	5.2	9:18 AM	7.9	2:29	5.1	5:50	1.5	7:55	4:49	
20	Sat	9:39	7.9					6:36	0.9	7:54	4:51	
21	Sun	10:08	7.9					7:18	0.2	7:53	4:52	
22	Mon	10:47	7.9					7:59	-0.3	7:52	4:54	
23	Tue	4:54	7.8	11:36 AM	7.9	7:58	7.5	8:38	-0.8	7:51	4:55	
24	Wed	5:19	8.2	12:29	7.8	9:19	7.5	9:16	-1.1	7:50	4:57	
25	Thu	5:45	8.5	1:23	7.8	10:09	7.3	9:52	-1.3	7:49	4:58	
26	Fri	6:11	8.7	2:20	7.6	10:51	6.9	10:27	-1.2	7:48	5:00	
27	Sat	6:35	8.7	3:20	7.3	11:30	6.4	11:03	-0.8	7:46	5:01	
28	Sun	6:56	8.6	4:22	6.9			12:12	5.6	7:45	5:03	
29	Mon	7:13	8.5	5:27	6.5			12:56	4.7	7:44	5:05	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Tue	7:27	8.4	6:41	6.0	12:14	0.9	1:42	3.7	7:43	5:06	
31	Wed	7:41	8.4	8:17	5.6	12:52	2.1	2:31	2.6	7:41	5:08	