
















Upright Head, Lopez Island, WA - Jan 2004

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 1:42 | 5.1 | 11:18 AM | 8.2 | 4:02 | 4.9 | 7:25 | 1.2 | 8:03 | 4:26 |  |
| 2 | Fri | 11:30 | 8.1 | | | | | 7:57 | 0.4 | 8:03 | 4:27 |  |
| 3 | Sat | 4:19 | 6.8 | 11:49 AM | 8.0 | 6:16 | 6.7 | 8:28 | -0.2 | 8:03 | 4:28 |  |
| 4 | Sun | 4:59 | 7.5 | 12:14 | 8.0 | 7:47 | 7.2 | 9:00 | -0.7 | 8:03 | 4:29 |  |
| 5 | Mon | 5:34 | 8.0 | 12:45 | 8.0 | 9:08 | 7.5 | 9:33 | -1.0 | 8:03 | 4:30 |  |
| 6 | Tue | 6:08 | 8.4 | 1:19 | 8.0 | 10:12 | 7.6 | 10:06 | -1.3 | 8:02 | 4:31 |  |
| 7 | Wed | 6:42 | 8.7 | 1:54 | 7.9 | 11:05 | 7.6 | 10:39 | -1.4 | 8:02 | 4:32 |  |
| 8 | Thu | 7:16 | 8.8 | 2:31 | 7.7 | 11:56 | 7.5 | 11:12 | -1.3 | 8:02 | 4:33 |  |
| 9 | Fri | 7:49 | 8.9 | 3:11 | 7.4 | | | 12:52 | 7.3 | 8:01 | 4:35 |  |
| 10 | Sat | 8:19 | 8.9 | 3:58 | 7.0 | | | 1:50 | 6.9 | 8:01 | 4:36 |  |
| 11 | Sun | 8:44 | 8.8 | 4:56 | 6.5 | 12:20 | -0.6 | 2:37 | 6.3 | 8:01 | 4:37 |  |
| 12 | Mon | 9:03 | 8.6 | 6:07 | 5.8 | 12:55 | 0.1 | 3:18 | 5.5 | 8:00 | 4:39 |  |
| 13 | Tue | 9:16 | 8.5 | 7:42 | 5.1 | 1:31 | 1.1 | 3:58 | 4.4 | 7:59 | 4:40 |  |
| 14 | Wed | 9:28 | 8.4 | 10:02 | 4.8 | 2:10 | 2.3 | 4:42 | 3.1 | 7:59 | 4:41 |  |
| 15 | Thu | 9:44 | 8.4 | | | 2:51 | 3.7 | 5:30 | 1.8 | 7:58 | 4:43 |  |
| 16 | Fri | 1:01 | 5.4 | 10:08 AM | 8.5 | 3:37 | 5.1 | 6:19 | 0.4 | 7:57 | 4:44 |  |
| 17 | Sat | 2:45 | 6.5 | 10:39 AM | 8.6 | 4:40 | 6.4 | 7:09 | -0.8 | 7:57 | 4:45 |  |
| 18 | Sun | 3:55 | 7.6 | 11:17 AM | 8.7 | 6:15 | 7.4 | 7:59 | -1.8 | 7:56 | 4:47 |  |
| 19 | Mon | 4:44 | 8.5 | 12:04 | 8.8 | 7:55 | 7.9 | 8:49 | -2.4 | 7:55 | 4:48 |  |
| 20 | Tue | 5:26 | 9.0 | 12:57 | 8.7 | 9:23 | 8.0 | 9:37 | -2.7 | 7:54 | 4:50 |  |
| 21 | Wed | 6:04 | 9.3 | 1:54 | 8.5 | 10:31 | 7.7 | 10:24 | -2.6 | 7:53 | 4:51 |  |
| 22 | Thu | 6:41 | 9.4 | 2:55 | 8.1 | 11:29 | 7.3 | 11:08 | -2.1 | 7:52 | 4:53 |  |
| 23 | Fri | 7:16 | 9.3 | 3:58 | 7.5 | | | 12:26 | 6.7 | 7:51 | 4:54 |  |
| 24 | Sat | 7:48 | 9.1 | 5:00 | 6.8 | | | 1:23 | 5.9 | 7:50 | 4:56 |  |
| 25 | Sun | 8:18 | 8.8 | 6:04 | 6.1 | 12:28 | -0.3 | 2:19 | 5.1 | 7:49 | 4:58 |  |
| 26 | Mon | 8:44 | 8.5 | 7:24 | 5.4 | 1:04 | 0.9 | 3:11 | 4.2 | 7:48 | 4:59 |  |
| 27 | Tue | 9:04 | 8.2 | 9:25 | 4.9 | 1:37 | 2.2 | 4:01 | 3.3 | 7:47 | 5:01 |  |
| 28 | Wed | 9:18 | 8.0 | 11:44 | 5.0 | 2:09 | 3.4 | 4:51 | 2.5 | 7:46 | 5:02 |  |
| 29 | Thu | 9:28 | 7.8 | | | 2:38 | 4.6 | 5:40 | 1.8 | 7:44 | 5:04 | |
| 30 | Fri | 9:42 | 7.7 | | | | | 6:26 | 1.1 | 7:43 | 5:05 | |

| Date | | High | | | | Low | | | |  | |  |
|-----------|-----|--------------|-----|----|----|-----|----|-------------|-----|--|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Sat | 10:05 | 7.7 | | | | | 7:09 | 0.5 | 7:42 | 5:07 |  |