



































## Upright Head, Lopez Island, WA - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:16	7.1					7:02	0.3	6:51	5:55	
2	Tue	3:50	7.4					7:50	0.0	6:49	5:57	
3	Wed	4:19	7.6	12:03	6.7	9:19	6.4	8:33	-0.2	6:47	5:59	
4	Thu	4:44	7.8	1:14	6.7	9:45	6.0	9:12	-0.3	6:45	6:00	
5	Fri	5:07	7.9	2:20	6.7	10:13	5.5	9:49	-0.1	6:43	6:02	
6	Sat	5:27	7.8	3:25	6.7	10:42	4.8	10:26	0.3	6:41	6:03	
7	Sun	5:43	7.7	4:28	6.6	11:15	3.9	11:02	1.0	6:39	6:05	
8	Mon	5:55	7.6	5:32	6.6	11:50	3.0	11:39	1.9	6:37	6:06	
9	Tue	6:06	7.5	6:40	6.5			12:30	2.0	6:35	6:08	
10	Wed	6:20	7.5	8:02	6.4	12:18	3.0	1:14	1.1	6:33	6:09	
11	Thu	6:38	7.5	9:42	6.5	1:00	4.2	2:02	0.3	6:31	6:11	
12	Fri	7:00	7.6	11:30	6.8	1:46	5.3	2:55	-0.3	6:29	6:12	
13	Sat	7:27	7.6			2:38	6.2	3:55	-0.6	6:27	6:14	
14	Sun	1:01	7.3	8:00 AM	7.4	3:49	6.9	5:02	-0.8	6:25	6:15	
15	Mon	2:06	7.7	8:51 AM	7.2	6:41	7.1	6:13	-0.8	6:23	6:17	
16	Tue	2:54	7.9	10:24 AM	6.8	8:14	6.6	7:18	-0.8	6:20	6:18	
17	Wed	3:32	8.0	12:12	6.5	8:58	6.0	8:14	-0.5	6:18	6:20	
18	Thu	4:04	8.0	1:47	6.4	9:35	5.1	9:03	-0.1	6:16	6:21	
19	Fri	4:31	7.9	3:08	6.4	10:10	4.2	9:47	0.5	6:14	6:23	
20	Sat	4:55	7.7	4:17	6.5	10:44	3.3	10:27	1.3	6:12	6:24	
21	Sun	5:16	7.5	5:18	6.5	11:17	2.5	11:03	2.2	6:10	6:26	
22	Mon	5:32	7.3	6:16	6.5	11:50	1.8	11:38	3.1	6:08	6:27	
23	Tue	5:42	7.1	7:16	6.4			12:23	1.2	6:06	6:29	
24	Wed	5:51	6.9	8:21	6.4	12:13	4.0	12:57	0.9	6:04	6:30	
25	Thu	6:02	6.8	9:35	6.4	12:51	4.8	1:34	0.6	6:02	6:32	
26	Fri	6:16	6.7	10:57	6.5	1:32	5.4	2:15	0.5	6:00	6:33	
27	Sat	6:28	6.6			2:19	6.0	3:02	0.5	5:58	6:35	
28	Sun	12:17	6.7	6:24 AM	6.5	3:21	6.4	3:54	0.5	5:55	6:36	
29	Mon	1:19	7.0					4:54	0.6	5:53	6:38	
30	Tue	2:05	7.2					5:57	0.6	5:51	6:39	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Wed	<b>2:40</b>	7.3					<b>6:54</b>	0.5	5:49	6:41	