






















## Upright Head, Lopez Island, WA - Mar 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:58	7.5	9:56	5.9	1:07	4.1	2:23	1.2	6:51	5:55	
2	Wed	7:17	7.5			1:46	5.2	3:13	0.5	6:49	5:57	
3	Thu	12:05	6.4	7:40 AM	7.6	2:31	6.1	4:11	-0.1	6:48	5:58	
4	Fri	1:38	7.1	8:10 AM	7.7	3:34	6.9	5:17	-0.6	6:46	6:00	
5	Sat	2:38	7.6	9:00 AM	7.6	5:28	7.4	6:25	-1.0	6:44	6:01	
6	Sun	3:21	8.0	10:29 AM	7.4	7:56	7.2	7:28	-1.3	6:42	6:03	
7	Mon	3:55	8.3	12:08	7.2	8:51	6.6	8:24	-1.3	6:39	6:04	
8	Tue	4:25	8.3	1:38	7.1	9:33	5.8	9:15	-0.9	6:37	6:06	
9	Wed	4:52	8.2	3:03	7.0	10:14	4.7	10:02	-0.3	6:35	6:07	
10	Thu	5:16	8.1	4:20	6.9	10:54	3.6	10:45	0.7	6:33	6:09	
11	Fri	5:38	7.9	5:30	6.8	11:35	2.6	11:25	1.8	6:31	6:11	
12	Sat	5:56	7.7	6:39	6.7			12:17	1.7	6:29	6:12	
13	Sun	6:12	7.6	7:53	6.5	12:04	3.0	12:59	1.0	6:27	6:14	
14	Mon	6:25	7.4	9:13	6.4	12:43	4.1	1:43	0.5	6:25	6:15	
15	Tue	6:40	7.2	10:41	6.5	1:22	5.1	2:28	0.4	6:23	6:17	
16	Wed	6:56	7.1			2:04	5.8	3:17	0.3	6:21	6:18	
17	Thu	12:12	6.7	7:11 AM	6.9	2:55	6.4	4:11	0.4	6:19	6:20	
18	Fri	1:26	6.9	7:00 AM	6.7	4:24	6.7	5:14	0.5	6:17	6:21	
19	Sat	2:20	7.1					6:18	0.5	6:15	6:23	
20	Sun	2:59	7.3					7:13	0.5	6:13	6:24	
21	Mon	3:29	7.3	11:47 AM	5.9	9:09	5.7	8:00	0.6	6:11	6:26	
22	Tue	3:55	7.4	1:16	5.9	9:29	5.1	8:40	0.7	6:08	6:27	
23	Wed	4:16	7.3	2:29	6.0	9:50	4.4	9:17	1.0	6:06	6:29	
24	Thu	4:33	7.3	3:34	6.1	10:14	3.7	9:52	1.5	6:04	6:30	
25	Fri	4:46	7.2	4:33	6.3	10:39	2.8	10:27	2.2	6:02	6:32	
26	Sat	4:53	7.1	5:30	6.5	11:08	1.9	11:03	3.0	6:00	6:33	
27	Sun	5:01	7.0	6:28	6.6	11:40	1.1	11:40	3.8	5:58	6:35	
28	Mon	5:12	7.0	7:34	6.8			12:16	0.3	5:56	6:36	
29	Tue	5:28	7.1	8:52	6.9	12:20	4.8	12:56	-0.3	5:54	6:37	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>30</b>	Wed	<b>5:47</b>	7.2	<b>10:20</b>	7.1	<b>1:05</b>	5.6	<b>1:43</b>	-0.7	5:52	6:39	
<b>31</b>	Thu	<b>6:06</b>	7.2	<b>11:48</b>	7.4	<b>1:59</b>	6.4	<b>2:36</b>	-0.9	5:50	6:40	