
























Upright Head, Lopez Island, WA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:24	7.5	9:00	6.2	12:36	4.0	1:42	0.9	6:51	5:55	
2	Mon	6:48	7.6	10:48	6.4	1:18	5.0	2:30	0.3	6:49	5:57	
3	Tue	7:12	7.7			2:00	5.9	3:30	-0.2	6:47	5:58	
4	Wed	12:36	6.8	7:48 AM	7.7	2:54	6.6	4:30	-0.5	6:45	6:00	
5	Thu	1:42	7.3	8:36 AM	7.6	4:18	7.1	5:36	-0.7	6:43	6:01	
6	Fri	2:36	7.7	9:48 AM	7.3	6:48	7.0	6:48	-0.8	6:41	6:03	
7	Sat	3:12	7.9	11:30 AM	7.0	8:12	6.4	7:48	-0.7	6:39	6:04	
8	Sun	4:42	8.0	2:06	6.8	10:00	5.5	9:36	-0.4	7:37	7:06	
9	Mon	5:12	8.0	3:36	6.8	10:42	4.5	10:24	0.2	7:35	7:08	
10	Tue	5:36	7.9	4:54	6.8	11:18	3.4	11:12	1.1	7:33	7:09	
11	Wed	6:00	7.8	6:00	6.8			12:00	2.4	7:31	7:11	
12	Thu	6:18	7.7	7:06	6.8			12:36	1.5	7:29	7:12	
13	Fri	6:36	7.5	8:12	6.7	12:30	3.0	1:18	0.9	7:27	7:14	
14	Sat	6:54	7.4	9:18	6.6	1:06	4.0	2:00	0.5	7:25	7:15	
15	Sun	7:06	7.2	10:30	6.5	1:48	4.8	2:42	0.4	7:23	7:17	
16	Mon	7:24	7.1	11:54	6.5	2:24	5.5	3:24	0.4	7:21	7:18	
17	Tue	7:48	6.9			3:06	6.0	4:12	0.5	7:19	7:20	
18	Wed	1:18	6.6	8:06 AM	6.7	4:00	6.3	5:12	0.6	7:17	7:21	
19	Thu	2:18	6.8					6:12	0.7	7:15	7:23	
20	Fri	3:06	7.0					7:12	0.8	7:13	7:24	
21	Sat	3:42	7.1	11:36 AM	5.9	9:24	5.7	8:06	0.9	7:11	7:26	
22	Sun	4:06	7.1	1:24	5.8	9:48	5.1	8:54	1.0	7:08	7:27	
23	Mon	4:30	7.1	2:48	5.9	10:12	4.4	9:36	1.3	7:06	7:29	
24	Tue	4:48	7.1	4:00	6.1	10:36	3.6	10:12	1.7	7:04	7:30	
25	Wed	5:06	7.1	5:00	6.3	11:00	2.7	10:48	2.3	7:02	7:32	
26	Thu	5:12	7.0	6:00	6.6	11:30	1.7	11:30	3.0	7:00	7:33	
27	Fri	5:24	7.1	7:00	6.9			12:06	0.8	6:58	7:35	
28	Sat	5:36	7.1	8:00	7.1	12:06	3.8	12:42	0.0	6:56	7:36	
29	Sun	6:00	7.2	9:06	7.2	12:48	4.7	1:18	-0.6	6:54	7:38	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Mon	6:24	7.3	10:24	7.3	1:36	5.5	2:06	-1.0	6:52	7:39	
31	Tue	6:48	7.3	11:42	7.4	2:24	6.1	3:00	-1.1	6:50	7:40	