































Upright Head, Lopez Island, WA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:30	6.7	2:10	7.4	8:53	4.9	9:39	-0.3	6:58	4:51	
2	Mon	5:21	7.4	2:32	7.5	9:42	5.5	10:12	-1.1	7:00	4:50	
3	Tue	6:12	7.9	2:57	7.6	10:30	6.1	10:49	-1.7	7:01	4:48	
4	Wed	7:05	8.3	3:25	7.7	11:20	6.6	11:30	-2.0	7:03	4:46	
5	Thu	8:01	8.5	3:55	7.7			12:16	7.0	7:04	4:45	
6	Fri	8:58	8.6	4:26	7.5	12:15	-2.1	1:28	7.2	7:06	4:43	
7	Sat	9:53	8.6			1:03	-1.8			7:08	4:42	
8	Sun	10:41	8.6			1:55	-1.2			7:09	4:41	
9	Mon	11:22	8.5			2:48	-0.4			7:11	4:39	
10	Tue	11:56	8.4	10:34	4.8	3:43	0.7	6:46	4.1	7:12	4:38	
11	Wed			12:24	8.2	4:42	1.9	7:21	2.7	7:14	4:36	
12	Thu	1:03	5.1	12:47	8.1	5:46	3.2	7:56	1.4	7:15	4:35	
13	Fri	2:34	5.9	1:07	8.1	6:51	4.3	8:32	0.2	7:17	4:34	
14	Sat	3:48	6.7	1:27	8.0	7:54	5.3	9:07	-0.8	7:18	4:33	
15	Sun	4:48	7.5	1:47	8.0	8:55	6.0	9:43	-1.4	7:20	4:32	
16	Mon	5:40	8.0	2:10	7.9	9:53	6.5	10:17	-1.7	7:21	4:30	
17	Tue	6:28	8.4	2:36	7.8	10:49	6.9	10:52	-1.7	7:23	4:29	
18	Wed	7:15	8.5	3:02	7.6	11:45	7.1	11:27	-1.6	7:24	4:28	
19	Thu	8:01	8.6	3:27	7.3			12:54	7.1	7:26	4:27	
20	Fri	8:47	8.5			12:03	-1.2			7:27	4:26	
21	Sat	9:31	8.4			12:40	-0.8			7:29	4:25	
22	Sun	10:11	8.3			1:18	-0.2			7:30	4:24	
23	Mon	10:46	8.2			1:57	0.5			7:32	4:23	
24	Tue	11:14	8.0			2:37	1.3			7:33	4:23	
25	Wed	11:33	7.9	11:05	4.2	3:18	2.2	7:03	3.7	7:35	4:22	
26	Thu	11:45	7.8			4:03	3.1	7:17	2.7	7:36	4:21	
27	Fri	1:32	4.8	11:55 AM	7.8	4:57	4.1	7:37	1.6	7:37	4:20	
28	Sat	2:52	5.6	12:11	7.9	6:01	5.1	8:03	0.5	7:39	4:20	
29	Sun	3:55	6.6	12:33	8.0	7:09	5.9	8:35	-0.5	7:40	4:19	
30	Mon	4:47	7.5	1:00	8.2	8:14	6.6	9:10	-1.4	7:41	4:19	