




























## Upright Head, Lopez Island, WA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:59	7.1	9:10 AM	7.0	7:08	7.0	6:55	0.2	6:52	5:55	
2	Thu	3:40	7.4					7:45	0.1	6:50	5:56	
3	Fri	4:11	7.6	11:42 AM	6.7	9:19	6.5	8:29	0.0	6:48	5:58	
4	Sat	4:37	7.7	12:58	6.6	9:47	6.1	9:08	0.0	6:46	5:59	
5	Sun	5:01	7.7	2:04	6.5	10:13	5.6	9:42	0.2	6:44	6:01	
6	Mon	5:23	7.7	3:05	6.5	10:39	5.0	10:14	0.5	6:42	6:02	
7	Tue	5:41	7.6	4:02	6.4	11:06	4.4	10:45	1.0	6:40	6:04	
8	Wed	5:55	7.4	4:56	6.3	11:35	3.7	11:16	1.7	6:38	6:05	
9	Thu	6:02	7.3	5:51	6.2			12:05	2.9	6:36	6:07	
10	Fri	6:08	7.2	6:51	6.1			12:39	2.2	6:34	6:08	
11	Sat	6:18	7.2	8:06	6.1	12:22	3.4	1:17	1.5	6:32	6:10	
12	Sun	7:32	7.2	10:46	6.2	12:59	4.4	3:00	0.8	7:30	7:11	
13	Mon	7:50	7.3			2:40	5.4	3:49	0.2	7:28	7:13	
14	Tue	12:40	6.6	8:11 AM	7.3	3:30	6.2	4:44	-0.2	7:26	7:15	
15	Wed	2:09	7.1	8:37 AM	7.4	4:37	6.9	5:49	-0.6	7:24	7:16	
16	Thu	3:09	7.6	9:23 AM	7.2	6:40	7.1	6:58	-0.8	7:22	7:18	
17	Fri	3:52	7.9	11:08 AM	6.9	9:00	6.8	8:03	-1.0	7:20	7:19	
18	Sat	4:28	8.1	12:58	6.7	9:41	6.2	9:02	-0.9	7:18	7:21	
19	Sun	4:58	8.1	2:34	6.7	10:18	5.2	9:55	-0.5	7:15	7:22	
20	Mon	5:24	8.0	4:02	6.8	10:57	4.1	10:44	0.2	7:13	7:24	
21	Tue	5:48	7.9	5:20	6.9	11:36	2.9	11:29	1.2	7:11	7:25	
22	Wed	6:09	7.8	6:30	6.9			12:16	1.8	7:09	7:27	
23	Thu	6:27	7.6	7:38	6.9	12:12	2.3	12:57	0.9	7:07	7:28	
24	Fri	6:43	7.4	8:49	6.9	12:53	3.4	1:38	0.3	7:05	7:30	
25	Sat	6:58	7.3	10:04	6.8	1:35	4.5	2:22	-0.1	7:03	7:31	
26	Sun	7:14	7.1	11:25	6.8	2:19	5.3	3:07	-0.2	7:01	7:32	
27	Mon	7:31	6.9			3:09	6.0	3:55	0.0	6:59	7:34	
28	Tue	12:48	6.9	7:43 AM	6.7	4:13	6.4	4:48	0.2	6:57	7:35	
29	Wed	1:58	7.1					5:48	0.4	6:55	7:37	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Thu	2:50	7.2					6:52	0.6	6:53	7:38	
31	Fri	3:30	7.3					7:51	0.8	6:50	7:40	