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# Upright Head, Lopez Island, WA - Jan 2030

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 4:09 | 7.9 | 12:05 | 8.8 | 7:16 | 7.3 | 8:33 | -1.9 | 8:03 | 4:26 | |
| 2 | Wed | 4:55 | 8.5 | 12:56 | 8.7 | 8:42 | 7.5 | 9:20 | -2.3 | 8:03 | 4:27 | |
| 3 | Thu | 5:35 | 9.0 | 1:49 | 8.5 | 9:56 | 7.3 | 10:05 | -2.3 | 8:03 | 4:29 | |
| 4 | Fri | 6:13 | 9.2 | 2:46 | 8.1 | 10:59 | 7.0 | 10:48 | -1.9 | 8:03 | 4:30 | |
| 5 | Sat | 6:50 | 9.2 | 3:44 | 7.6 | 11:57 | 6.5 | 11:28 | -1.3 | 8:02 | 4:31 | |
| 6 | Sun | 7:25 | 9.1 | 4:41 | 6.9 | | | 12:56 | 5.9 | 8:02 | 4:32 | |
| 7 | Mon | 7:57 | 8.9 | 5:40 | 6.2 | 12:07 | -0.4 | 1:55 | 5.2 | 8:02 | 4:33 | |
| 8 | Tue | 8:27 | 8.7 | 6:46 | 5.5 | 12:43 | 0.7 | 2:50 | 4.4 | 8:01 | 4:34 | |
| 9 | Wed | 8:53 | 8.5 | 8:21 | 4.9 | 1:17 | 1.8 | 3:42 | 3.7 | 8:01 | 4:36 | |
| 10 | Thu | 9:13 | 8.2 | 10:41 | 4.8 | 1:49 | 2.9 | 4:34 | 2.9 | 8:01 | 4:37 | |
| 11 | Fri | 9:29 | 8.1 | | | 2:20 | 4.0 | 5:25 | 2.2 | 8:00 | 4:38 | |
| 12 | Sat | 12:42 | 5.1 | 9:45 AM | 8.0 | 2:51 | 4.9 | 6:12 | 1.6 | 8:00 | 4:39 | |
| 13 | Sun | 10:09 | 7.9 | | | | | 6:55 | 0.9 | 7:59 | 4:41 | |
| 14 | Mon | 10:42 | 7.9 | | | | | 7:35 | 0.4 | 7:58 | 4:42 | |
| 15 | Tue | 4:15 | 7.1 | 11:22 AM | 7.9 | 6:20 | 7.0 | 8:13 | -0.1 | 7:58 | 4:44 | |
| 16 | Wed | 4:45 | 7.6 | 12:08 | 7.8 | 8:00 | 7.2 | 8:49 | -0.5 | 7:57 | 4:45 | |
| 17 | Thu | 5:14 | 8.0 | 12:55 | 7.8 | 9:12 | 7.1 | 9:24 | -0.8 | 7:56 | 4:46 | |
| 18 | Fri | 5:42 | 8.3 | 1:44 | 7.7 | 10:05 | 6.9 | 9:58 | -0.9 | 7:55 | 4:48 | |
| 19 | Sat | 6:09 | 8.5 | 2:35 | 7.5 | 10:49 | 6.6 | 10:32 | -0.8 | 7:54 | 4:49 | |
| 20 | Sun | 6:35 | 8.6 | 3:29 | 7.2 | 11:31 | 6.2 | 11:06 | -0.5 | 7:53 | 4:51 | |
| 21 | Mon | 6:58 | 8.6 | 4:26 | 6.9 | | | 12:14 | 5.6 | 7:52 | 4:52 | |
| 22 | Tue | 7:17 | 8.5 | 5:25 | 6.4 | | | 12:59 | 4.8 | 7:51 | 4:54 | |
| 23 | Wed | 7:34 | 8.4 | 6:33 | 6.0 | 12:16 | 0.9 | 1:46 | 3.9 | 7:50 | 4:55 | |
| 24 | Thu | 7:50 | 8.4 | 7:59 | 5.5 | 12:54 | 1.9 | 2:35 | 3.0 | 7:49 | 4:57 | |
| 25 | Fri | 8:11 | 8.4 | 10:08 | 5.4 | 1:33 | 3.1 | 3:28 | 2.0 | 7:48 | 4:59 | |
| 26 | Sat | 8:37 | 8.4 | | | 2:14 | 4.3 | 4:25 | 1.1 | 7:47 | 5:00 | |
| 27 | Sun | 12:24 | 5.9 | 9:10 AM | 8.5 | 3:01 | 5.5 | 5:27 | 0.2 | 7:46 | 5:02 | |
| 28 | Mon | 1:59 | 6.6 | 9:51 AM | 8.4 | 4:01 | 6.5 | 6:29 | -0.5 | 7:45 | 5:03 | |
| 29 | Tue | 3:06 | 7.4 | 10:43 AM | 8.4 | 5:36 | 7.1 | 7:26 | -1.1 | 7:43 | 5:05 | |

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 30 | Wed | **3:54** | 8.0 | **11:45 AM** | 8.2 | **7:31** | 7.2 | **8:19** | -1.4 | 7:42 | 5:07 | |
| 31 | Thu | **4:32** | 8.3 | **12:52** | 8.0 | **8:56** | 7.0 | **9:07** | -1.4 | 7:41 | 5:08 | |