




Upright Head, Lopez Island, WA - Mar 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:56	7.0			3:17	5.2	5:02	1.1	6:51	5:55	
2	Mon	1:04	6.3	9:34 AM	6.8	4:23	5.8	6:03	1.0	6:49	5:57	
3	Tue	2:07	6.7	10:26 AM	6.6	6:25	6.0	6:58	0.8	6:47	5:58	
4	Wed	2:56	6.9	11:33 AM	6.5	7:52	5.9	7:46	0.7	6:45	6:00	
5	Thu	3:36	7.1	12:42	6.4	8:44	5.6	8:28	0.6	6:43	6:01	
6	Fri	4:09	7.3	1:42	6.4	9:22	5.2	9:06	0.6	6:41	6:03	
7	Sat	4:38	7.4	2:37	6.5	9:55	4.8	9:41	0.7	6:39	6:05	
8	Sun	6:04	7.4	4:30	6.5	11:25	4.3	11:14	1.0	7:37	7:06	
9	Mon	6:27	7.3	5:18	6.5	11:55	3.8	11:46	1.3	7:35	7:08	
10	Tue	6:45	7.3	6:05	6.4			12:27	3.3	7:33	7:09	
11	Wed	6:59	7.2	6:53	6.4	12:19	1.8	1:00	2.8	7:31	7:11	
12	Thu	7:12	7.1	7:46	6.3	12:53	2.4	1:37	2.3	7:29	7:12	
13	Fri	7:29	7.0	8:50	6.1	1:30	3.1	2:17	1.7	7:27	7:14	
14	Sat	7:52	7.0	10:12	6.1	2:11	3.9	3:02	1.3	7:25	7:15	
15	Sun	8:20	7.0	11:52	6.3	2:57	4.6	3:52	0.8	7:23	7:17	
16	Mon	8:56	6.9			3:51	5.3	4:48	0.5	7:21	7:18	
17	Tue	1:18	6.6	9:43 AM	6.8	4:59	5.7	5:51	0.2	7:19	7:20	
18	Wed	2:22	7.0	10:48 AM	6.7	6:32	5.9	6:58	0.0	7:17	7:21	
19	Thu	3:12	7.4	12:12	6.6	8:08	5.6	8:02	-0.2	7:14	7:23	
20	Fri	3:54	7.6	1:41	6.6	9:11	5.0	9:00	-0.1	7:12	7:24	
21	Sat	4:32	7.8	3:04	6.7	10:01	4.2	9:54	0.2	7:10	7:26	
22	Sun	5:06	7.8	4:20	6.9	10:46	3.3	10:45	0.7	7:08	7:27	
23	Mon	5:37	7.8	5:29	7.0	11:29	2.4	11:32	1.4	7:06	7:29	
24	Tue	6:06	7.7	6:32	7.1			12:12	1.6	7:04	7:30	
25	Wed	6:32	7.5	7:34	7.0	12:16	2.2	12:55	1.0	7:02	7:32	
26	Thu	6:56	7.3	8:38	6.9	1:01	3.0	1:38	0.6	7:00	7:33	
27	Fri	7:20	7.0	9:46	6.8	1:46	3.9	2:23	0.5	6:58	7:35	
28	Sat	7:43	6.8	10:58	6.7	2:34	4.6	3:10	0.5	6:56	7:36	
29	Sun	8:10	6.5			3:28	5.1	3:58	0.6	6:54	7:38	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Mon	12:12	6.7	8:41 AM	6.2	4:33	5.5	4:49	0.8	6:52	7:39	
31	Tue	1:18	6.8	9:24 AM	5.8	6:26	5.6	5:47	1.1	6:49	7:41	