



































## Upright Head, Lopez Island, WA - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:13	7.8	11:12 AM	7.3	7:39	6.7	7:45	-1.0	6:51	5:56	
2	Fri	3:56	8.1	12:30	7.2	8:50	6.4	8:38	-1.0	6:49	5:57	
3	Sat	4:33	8.2	1:46	7.1	9:41	5.8	9:26	-0.8	6:47	5:59	
4	Sun	5:05	8.2	2:58	7.0	10:24	5.1	10:09	-0.3	6:45	6:00	
5	Mon	5:35	8.1	4:04	6.8	11:03	4.4	10:49	0.3	6:43	6:02	
6	Tue	6:02	7.9	5:04	6.6	11:41	3.7	11:26	1.1	6:41	6:03	
7	Wed	6:25	7.7	6:01	6.4			12:19	3.1	6:39	6:05	
8	Thu	6:43	7.4	7:01	6.1	12:01	2.0	12:57	2.6	6:37	6:07	
9	Fri	6:57	7.1	8:10	5.9	12:35	2.9	1:36	2.1	6:35	6:08	
10	Sat	7:08	6.9	9:32	5.8	1:11	3.8	2:17	1.7	6:33	6:10	
11	Sun	8:23	6.8			1:49	4.6	4:00	1.5	7:30	7:11	
12	Mon	12:05	5.9	8:43 AM	6.7	3:32	5.3	4:48	1.3	7:28	7:13	
13	Tue	1:32	6.2	9:09 AM	6.6	4:25	5.8	5:43	1.1	7:26	7:14	
14	Wed	2:39	6.6	9:46 AM	6.4	5:48	6.2	6:44	0.9	7:24	7:16	
15	Thu	3:30	6.9	10:46 AM	6.3	8:37	6.2	7:41	0.6	7:22	7:17	
16	Fri	4:10	7.2	12:09	6.2	9:27	5.9	8:32	0.4	7:20	7:19	
17	Sat	4:43	7.4	1:29	6.2	9:58	5.6	9:18	0.2	7:18	7:20	
18	Sun	5:11	7.5	2:40	6.3	10:27	5.1	10:00	0.2	7:16	7:22	
19	Mon	5:35	7.6	3:47	6.5	10:56	4.4	10:41	0.5	7:14	7:23	
20	Tue	5:55	7.5	4:52	6.6	11:28	3.6	11:22	0.9	7:12	7:25	
21	Wed	6:13	7.5	5:54	6.7			12:03	2.7	7:10	7:26	
22	Thu	6:29	7.4	6:57	6.8	12:02	1.6	12:42	1.8	7:08	7:28	
23	Fri	6:46	7.3	8:06	6.8	12:44	2.6	1:24	0.9	7:06	7:29	
24	Sat	7:07	7.3	9:26	6.8	1:28	3.6	2:10	0.2	7:03	7:31	
25	Sun	7:31	7.3	10:55	6.9	2:16	4.6	3:01	-0.3	7:01	7:32	
26	Mon	8:00	7.2			3:11	5.5	3:56	-0.6	6:59	7:34	
27	Tue	12:25	7.2	8:35 AM	7.0	4:17	6.1	4:56	-0.6	6:57	7:35	
28	Wed	1:41	7.4	9:22 AM	6.7	6:02	6.4	6:04	-0.5	6:55	7:37	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
29	Thu	2:39	7.7	10:36 AM	6.3	8:14	6.1	7:13	-0.3	6:53	7:38	
30	Fri	3:26	7.8	12:23	6.0	9:13	5.5	8:17	0.0	6:51	7:40	
31	Sat	4:05	7.8	2:10	5.9	9:55	4.7	9:13	0.4	6:49	7:41	