

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High June 5, 8:59p 14.7 ft  
Low June 4, 12:32p -1.3 ft

## June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> MR: 3:35a MS: 7:25p (PDT) ft SR: 5:11a SS: 9:11p 2:38a 13.2 H 10:11a 1.2 L 5:26p 12.6 H 10:17p 9.6 L	<b>2</b> MR: 4:13a MS: 8:49p (PDT) ft SR: 5:11a SS: 9:12p 3:15a 13.3 H 10:57a 0.0 L 6:26p 13.5 H 11:15p 10.1 L	<b>3</b> MR: 5:05a MS: 10:05p (PDT) ft SR: 5:10a SS: 9:12p 3:56a 13.4 H 11:44a -0.9 L 7:20p 14.2 H	<b>4</b> MR: 6:13a MS: 11:06p (PDT) ft SR: 5:09a SS: 9:13p 12:11a 10.5 L 4:42a 13.4 H 12:32p -1.3 L 8:11p 14.5 H	<b>5</b> MR: 7:31a MS: 11:50p (PDT) ft SR: 5:09a SS: 9:14p 1:07a 10.5 L 5:32a 13.1 H 1:20p -1.2 L 8:59p 14.7 H	<b>6</b> MR: 8:52a MS: 12:22a (PDT) ft SR: 5:09a SS: 9:15p 2:05a 10.3 L 6:28a 12.5 H 2:08p -0.7 L 9:45p 14.7 H	<b>7</b> MR: 10:11a MS: 12:45a (PDT) ft SR: 5:08a SS: 9:16p 3:09a 9.8 L 7:30a 11.7 H 2:55p 0.3 L 10:29p 14.6 H
<b>8</b> MR: 11:26a MS: 1:03a (PDT) ft SR: 5:08a SS: 9:16p 4:19a 9.1 L 8:40a 10.7 H 3:42p 1.7 L 11:11p 14.4 H	<b>9</b> MR: 12:37p MS: 1:18a (PDT) ft SR: 5:08a SS: 9:17p 5:32a 8.0 L 9:59a 9.8 H 4:29p 3.3 L 11:50p 14.1 H	<b>10</b> MR: 1:45p MS: 1:32a (PDT) ft SR: 5:07a SS: 9:18p 6:38a 6.8 L 11:29a 9.2 H 5:20p 5.0 L	<b>11</b> MR: 2:51p MS: 1:46a (PDT) ft SR: 5:07a SS: 9:18p 12:27a 13.7 H 7:33a 5.5 L 1:07p 9.2 H 6:17p 6.7 L	<b>12</b> MR: 3:57p MS: 2:00a (PDT) ft SR: 5:07a SS: 9:19p 1:01a 13.3 H 8:19a 4.4 L 2:47p 9.8 H 7:25p 8.2 L	<b>13</b> MR: 5:08p MS: 2:17a (PDT) ft SR: 5:07a SS: 9:20p 1:32a 12.8 H 9:01a 3.4 L 4:13p 10.8 H 8:37p 9.3 L	<b>14</b> MR: 6:14p MS: 2:38a (PDT) ft SR: 5:07a SS: 9:20p 2:01a 12.3 H 9:40a 2.6 L 5:15p 11.8 H 9:44p 10.0 L
<b>15</b> MR: 7:19p MS: 3:04a (PDT) ft SR: 5:07a SS: 9:20p 2:28a 12.0 H 10:18a 2.0 L 6:01p 12.6 H 10:41p 10.3 L	<b>16</b> MR: 8:21p MS: 3:37a (PDT) ft SR: 5:07a SS: 9:21p 2:55a 11.8 H 10:55a 1.6 L 6:41p 13.1 H 11:29p 10.5 L	<b>17</b> MR: 9:17p MS: 4:20a (PDT) ft SR: 5:07a SS: 9:21p 3:27a 11.8 H 11:31a 1.3 L 7:18p 13.4 H	<b>18</b> MR: 10:04p MS: 5:13a (PDT) ft SR: 5:07a SS: 9:22p 12:10a 10.6 L 4:03a 11.8 H 12:07p 1.1 L 7:53p 13.6 H	<b>19</b> MR: 10:41p MS: 6:14a (PDT) ft SR: 5:07a SS: 9:22p 12:48a 10.5 L 4:41a 11.8 H 12:41p 1.1 L 8:26p 13.6 H	<b>20</b> MR: 11:10p MS: 7:20a (PDT) ft SR: 5:07a SS: 9:22p 1:26a 10.4 L 5:22a 11.7 H 1:15p 1.1 L 8:59p 13.7 H	<b>21</b> MR: 11:33p MS: 8:29a (PDT) ft SR: 5:07a SS: 9:22p 2:09a 10.2 L 6:04a 11.4 H 1:49p 1.3 L 9:30p 13.7 H
<b>22</b> MR: 11:52p MS: 9:38a (PDT) ft SR: 5:08a SS: 9:22p 2:55a 9.8 L 6:52a 11.0 H 2:23p 1.7 L 9:59p 13.7 H	<b>23</b> MR: 12:08a MS: 10:48a (PDT) ft SR: 5:08a SS: 9:23p 3:46a 9.2 L 7:50a 10.5 H 2:59p 2.5 L 10:27p 13.8 H	<b>24</b> MR: 12:22a MS: 11:58a (PDT) ft SR: 5:08a SS: 9:23p 4:39a 8.4 L 9:01a 9.9 H 3:37p 3.5 L 10:55p 13.7 H	<b>25</b> MR: 12:37a MS: 1:09p (PDT) ft SR: 5:09a SS: 9:23p 5:31a 7.3 L 10:21a 9.5 H 4:20p 4.9 L 11:23p 13.6 H	<b>26</b> MR: 12:53a MS: 2:23p (PDT) ft SR: 5:09a SS: 9:23p 6:21a 6.0 L 11:51a 9.4 H 5:11p 6.5 L 11:53p 13.5 H	<b>27</b> MR: 1:11a MS: 3:40p (PDT) ft SR: 5:10a SS: 9:22p 7:11a 4.5 L 1:31p 9.9 H 6:15p 8.0 L	<b>28</b> MR: 1:35a MS: 5:05p (PDT) ft SR: 5:10a SS: 9:22p 12:25a 13.4 H 8:02a 3.1 L 3:11p 10.9 H 7:32p 9.4 L
<b>29</b> MR: 2:07a MS: 6:27p (PDT) ft SR: 5:11a SS: 9:22p 1:01a 13.3 H 8:53a 1.7 L 4:32p 12.1 H 8:51p 10.3 L	<b>30</b> MR: 2:52a MS: 7:45p (PDT) ft SR: 5:11a SS: 9:22p 1:43a 13.3 H 9:46a 0.6 L 5:34p 13.1 H 10:02p 10.8 L					



**SOUND DIVERS**  
 P.O. Box 114  
 Bellingham, WA 98227  
 360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High July 5, 9:11p 14.6 ft  
Low July 3, 12:19p -1.0 ft

## July 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> MR: 3:53a MS: 8:52p (PDT) ft SR: 5:12a SS: 9:22p 2:33a 13.3 H 10:38a -0.3 L 6:26p 13.8 H 11:04p 10.8 L	<b>2</b> MR: 5:08a MS: 9:44p (PDT) ft SR: 5:13a SS: 9:21p 3:30a 13.3 H 11:29a -0.8 L 7:12p 14.2 H	<b>3</b> MR: 6:30a MS: 10:21p (PDT) ft SR: 5:14a SS: 9:21p 12:02a 10.6 L 4:31a 13.2 H 12:19p -1.0 L 7:55p 14.5 H	<b>4</b> MR: 7:52a MS: 10:48p (PDT) ft SR: 5:14a SS: 9:21p 12:58a 10.2 L 5:34a 12.9 H 1:06p -0.6 L 8:34p 14.6 H	<b>5</b> MR: 9:10a MS: 11:08p (PDT) ft SR: 5:15a SS: 9:20p 1:54a 9.6 L 6:36a 12.3 H 1:51p 0.1 L 9:11p 14.6 H
<b>6</b> MR: 10:25a MS: 11:25p (PDT) ft SR: 5:16a SS: 9:20p 2:51a 8.7 L 7:40a 11.6 H 2:33p 1.3 L 9:46p 14.5 H	<b>7</b> MR: 11:36a MS: 11:40p (PDT) ft SR: 5:17a SS: 9:19p 3:50a 7.7 L 8:45a 10.7 H 3:14p 2.9 L 10:19p 14.3 H	<b>8</b> MR: 12:44p MS: 11:54p (PDT) ft SR: 5:18a SS: 9:18p 4:49a 6.7 L 9:55a 10.0 H 3:54p 4.6 L 10:51p 14.0 H	<b>9</b> MR: 1:52p MS: 12:08a (PDT) ft SR: 5:19a SS: 9:18p 5:45a 5.6 L 11:16a 9.5 H 4:36p 6.4 L 11:20p 13.5 H	<b>10</b> MR: 2:58p MS: 12:25a (PDT) ft SR: 5:20a SS: 9:17p 6:38a 4.7 L 12:55p 9.6 H 5:27p 8.1 L 11:48p 12.9 H	<b>11</b> MR: 4:05p MS: 12:44a (PDT) ft SR: 5:20a SS: 9:16p 7:27a 3.9 L 2:44p 10.3 H 6:35p 9.5 L	<b>12</b> MR: 5:15p MS: 1:09a (PDT) ft SR: 5:21a SS: 9:16p 12:14a 12.4 H 8:14a 3.3 L 4:05p 11.3 H 8:05p 10.4 L
<b>13</b> MR: 6:17p MS: 1:40a (PDT) ft SR: 5:23a SS: 9:15p 12:43a 12.0 H 9:00a 2.8 L 5:00p 12.1 H 9:27p 10.7 L	<b>14</b> MR: 7:15p MS: 2:20a (PDT) ft SR: 5:24a SS: 9:14p 1:20a 11.7 H 9:46a 2.4 L 5:43p 12.7 H 10:27p 10.7 L	<b>15</b> MR: 8:04p MS: 3:11a (PDT) ft SR: 5:25a SS: 9:13p 2:07a 11.6 H 10:29a 2.0 L 6:21p 13.1 H 11:12p 10.6 L	<b>16</b> MR: 8:44p MS: 4:10a (PDT) ft SR: 5:26a SS: 9:12p 3:01a 11.7 H 11:10a 1.7 L 6:55p 13.3 H 11:50p 10.5 L	<b>17</b> MR: 9:15p MS: 5:16a (PDT) ft SR: 5:27a SS: 9:11p 3:53a 11.8 H 11:48a 1.4 L 7:27p 13.4 H	<b>18</b> MR: 9:40p MS: 6:25a (PDT) ft SR: 5:28a SS: 9:10p 12:26a 10.2 L 4:43a 11.9 H 12:23p 1.3 L 7:56p 13.5 H	<b>19</b> MR: 9:59p MS: 7:35a (PDT) ft SR: 5:29a SS: 9:09p 1:04a 9.9 L 5:30a 11.8 H 12:56p 1.3 L 8:22p 13.6 H
<b>20</b> MR: 10:16p MS: 8:45a (PDT) ft SR: 5:30a SS: 9:08p 1:44a 9.4 L 6:19a 11.6 H 1:29p 1.7 L 8:46p 13.7 H	<b>21</b> MR: 10:31p MS: 9:55a (PDT) ft SR: 5:32a SS: 9:07p 2:27a 8.7 L 7:11a 11.2 H 2:01p 2.3 L 9:09p 13.8 H	<b>22</b> MR: 10:46p MS: 11:06a (PDT) ft SR: 5:33a SS: 9:06p 3:11a 7.8 L 8:09a 10.8 H 2:36p 3.4 L 9:33p 13.8 H	<b>23</b> MR: 11:01p MS: 12:18p (PDT) ft SR: 5:34a SS: 9:05p 3:57a 6.7 L 9:14a 10.3 H 3:13p 4.7 L 9:58p 13.8 H	<b>24</b> MR: 11:19p MS: 1:33p (PDT) ft SR: 5:35a SS: 9:03p 4:44a 5.5 L 10:26a 10.1 H 3:55p 6.3 L 10:25p 13.7 H	<b>25</b> MR: 11:40p MS: 2:51p (PDT) ft SR: 5:37a SS: 9:02p 5:34a 4.4 L 11:52a 10.1 H 4:46p 8.0 L 10:55p 13.5 H	<b>26</b> MR: 12:09a MS: 4:10p (PDT) ft SR: 5:38a SS: 9:01p 6:28a 3.2 L 1:40p 10.7 H 5:51p 9.5 L 11:30p 13.3 H
<b>27</b> MR: 12:48a MS: 5:31p (PDT) ft SR: 5:39a SS: 8:59p 7:27a 2.3 L 3:24p 11.6 H 7:16p 10.5 L	<b>28</b> MR: 1:41a MS: 6:40p (PDT) ft SR: 5:40a SS: 8:58p 12:15a 13.1 H 8:28a 1.4 L 4:34p 12.5 H 8:45p 10.9 L	<b>29</b> MR: 2:49a MS: 7:36p (PDT) ft SR: 5:42a SS: 8:57p 1:12a 13.0 H 9:28a 0.7 L 5:26p 13.2 H 9:59p 10.8 L	<b>30</b> MR: 4:07a MS: 8:18p (PDT) ft SR: 5:43a SS: 8:55p 2:21a 12.9 H 10:25a 0.2 L 6:10p 13.7 H 11:00p 10.4 L	<b>31</b> MR: 5:30a MS: 8:49p (PDT) ft SR: 5:44a SS: 8:54p 3:36a 12.9 H 11:18a 0.0 L 6:48p 13.9 H 11:53p 9.8 L		



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Bellingham, WA 98227  
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49° 7' N 123° 18' W

Average Tides  
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MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High August 3, 8:25p 14.2 ft  
Low August 1, 12:05p 0.1 ft

## August 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 MR: 6:50a MS: 9:12p (PDT) ft SR: 5:46a SS: 8:52p 4:44a 12.8 H 12:05p 0.1 L 7:23p 14.1 H	2 MR: 8:08a MS: 9:30p (PDT) ft SR: 5:47a SS: 8:51p 12:44a 8.9 L 5:47a 12.6 H 12:49p 0.7 L 7:55p 14.2 H
3 MR: 9:21a MS: 9:46p (PDT) ft SR: 5:49a SS: 8:49p 1:34a 8.0 L 6:45a 12.2 H 1:29p 1.7 L 8:25p 14.2 H	4 MR: 10:32a MS: 10:00p (PDT) ft SR: 5:50a SS: 8:48p 2:24a 7.0 L 7:43a 11.6 H 2:07p 3.0 L 8:54p 14.1 H	5 MR: 11:42a MS: 10:15p (PDT) ft SR: 5:51a SS: 8:46p 3:12a 6.0 L 8:42a 11.0 H 2:43p 4.6 L 9:21p 13.8 H	6 MR: 12:50p MS: 10:31p (PDT) ft SR: 5:53a SS: 8:44p 3:59a 5.2 L 9:46a 10.5 H 3:19p 6.2 L 9:46p 13.4 H	7 MR: 1:57p MS: 10:50p (PDT) ft SR: 5:54a SS: 8:43p 4:46a 4.5 L 10:59a 10.2 H 3:59p 7.8 L 10:09p 12.9 H	8 MR: 3:04p MS: 11:13p (PDT) ft SR: 5:56a SS: 8:41p 5:34a 4.1 L 12:35p 10.4 H 4:46p 9.2 L 10:32p 12.4 H	9 MR: 4:08p MS: 11:43p (PDT) ft SR: 5:57a SS: 8:39p 6:24a 3.8 L 2:18p 10.9 H 5:56p 10.2 L 10:58p 11.8 H
10 MR: 5:11p MS: 12:20a (PDT) ft SR: 5:58a SS: 8:38p 7:19a 3.6 L 3:32p 11.6 H 7:48p 10.7 L 11:35p 11.4 H	11 MR: 6:02p MS: 1:08a (PDT) ft SR: 6:00a SS: 8:36p 8:16a 3.4 L 4:26p 12.2 H 9:18p 10.7 L	12 MR: 6:44p MS: 2:04a (PDT) ft SR: 6:01a SS: 8:34p 12:32a 11.2 H 9:12a 3.0 L 5:09p 12.6 H 10:12p 10.4 L	13 MR: 7:18p MS: 3:08a (PDT) ft SR: 6:03a SS: 8:32p 12:32a 11.2 H 10:02a 2.6 L 5:45p 12.8 H 10:50p 10.1 L	14 MR: 7:45p MS: 4:17a (PDT) ft SR: 6:04a SS: 8:31p 3:00a 11.4 H 10:46a 2.2 L 6:17p 12.9 H 11:25p 9.7 L	15 MR: 8:06p MS: 5:27a (PDT) ft SR: 6:05a SS: 8:29p 3:59a 11.7 H 11:24a 1.9 L 6:45p 13.0 H 11:59p 9.2 L	16 MR: 8:24p MS: 6:38a (PDT) ft SR: 6:07a SS: 8:27p 4:50a 11.9 H 11:58a 1.9 L 7:08p 13.2 H
17 MR: 8:39p MS: 7:49a (PDT) ft SR: 6:08a SS: 8:25p 12:36a 8.5 L 5:40a 12.0 H 12:31p 2.2 L 7:29p 13.3 H	18 MR: 8:54p MS: 9:01a (PDT) ft SR: 6:10a SS: 8:23p 1:14a 7.6 L 6:30a 11.8 H 1:04p 2.8 L 7:50p 13.5 H	19 MR: 9:10p MS: 10:14a (PDT) ft SR: 6:11a SS: 8:21p 1:53a 6.6 L 7:22a 11.6 H 1:38p 3.8 L 8:13p 13.6 H	20 MR: 9:27p MS: 11:29a (PDT) ft SR: 6:13a SS: 8:19p 2:35a 5.5 L 8:19a 11.4 H 2:14p 5.1 L 8:36p 13.7 H	21 MR: 9:48p MS: 12:46p (PDT) ft SR: 6:14a SS: 8:17p 3:18a 4.5 L 9:21a 11.2 H 2:54p 6.5 L 9:02p 13.6 H	22 MR: 10:15p MS: 2:05p (PDT) ft SR: 6:15a SS: 8:15p 4:04a 3.5 L 10:32a 11.0 H 3:40p 8.1 L 9:30p 13.4 H	23 MR: 10:50p MS: 3:21p (PDT) ft SR: 6:17a SS: 8:13p 4:55a 2.8 L 12:01p 11.1 H 4:36p 9.4 L 10:04p 13.0 H
24 MR: 11:38p MS: 4:31p (PDT) ft SR: 6:18a SS: 8:11p 5:52a 2.3 L 1:50p 11.6 H 5:51p 10.4 L 10:48p 12.7 H	25 MR: 12:40a MS: 5:33p (PDT) ft SR: 6:20a SS: 8:10p 6:58a 2.0 L 3:13p 12.3 H 7:30p 10.8 L 11:49p 12.3 H	26 MR: 1:54a MS: 6:17p (PDT) ft SR: 6:21a SS: 8:08p 8:08a 1.7 L 4:11p 12.8 H 8:59p 10.5 L	27 MR: 3:13a MS: 6:50p (PDT) ft SR: 6:23a SS: 8:05p 1:13a 12.0 H 9:14a 1.5 L 4:56p 13.2 H 10:03p 9.8 L	28 MR: 4:33a MS: 7:15p (PDT) ft SR: 6:24a SS: 8:03p 2:44a 12.0 H 10:11a 1.3 L 5:34p 13.4 H 10:54p 8.9 L	29 MR: 5:50a MS: 7:35p (PDT) ft SR: 6:25a SS: 8:01p 3:58a 12.2 H 11:02a 1.5 L 6:07p 13.5 H 11:41p 7.9 L	30 MR: 7:05a MS: 7:51p (PDT) ft SR: 6:27a SS: 7:59p 5:00a 12.4 H 11:46a 1.9 L 6:37p 13.6 H
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Average Tides  
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Mean Tide: 8.7 ft

Monthly High & Low  
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Low September 21, 4:22a 1.7 ft

## September 2008

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	<b>1</b> MR: 9:28a MS: 8:22p (PDT) ft SR: 6:30a SS: 7:55p 1:08a 5.8 L 6:51a 12.1 H 1:04p 3.9 L 7:30p 13.5 H	<b>2</b> MR: 10:38a MS: 8:38p (PDT) ft SR: 6:31a SS: 7:53p 1:50a 4.9 L 7:44a 11.9 H 1:40p 5.3 L 7:54p 13.3 H	<b>3</b> MR: 11:47a MS: 8:56p (PDT) ft SR: 6:33a SS: 7:51p 2:29a 4.2 L 8:39a 11.6 H 2:15p 6.6 L 8:16p 13.0 H	<b>4</b> MR: 12:54p MS: 9:18p (PDT) ft SR: 6:34a SS: 7:49p 3:08a 3.7 L 9:37a 11.4 H 2:52p 7.9 L 8:36p 12.6 H	<b>5</b> MR: 2:00p MS: 9:45p (PDT) ft SR: 6:35a SS: 7:47p 3:47a 3.5 L 10:43a 11.3 H 3:33p 9.0 L 8:55p 12.1 H	<b>6</b> MR: 3:01p MS: 10:20p (PDT) ft SR: 6:37a SS: 7:45p 4:28a 3.5 L 12:05p 11.4 H 4:24p 9.9 L 9:18p 11.6 H
<b>7</b> MR: 3:55p MS: 11:04p (PDT) ft SR: 6:38a SS: 7:43p 5:15a 3.6 L 1:33p 11.6 H 5:43p 10.5 L 9:48p 11.1 H	<b>8</b> MR: 4:39p MS: 11:58p (PDT) ft SR: 6:40a SS: 7:41p 6:12a 3.8 L 2:42p 11.9 H 8:01p 10.5 L 10:40p 10.7 H	<b>9</b> MR: 5:19p MS: 12:59a (PDT) ft SR: 6:41a SS: 7:38p 7:20a 3.9 L 3:35p 12.2 H 9:12p 10.1 L	<b>10</b> MR: 5:48p MS: 2:06a (PDT) ft SR: 6:43a SS: 7:36p 12:05a 10.4 H 3:28a 3.7 L 4:18p 12.4 H 9:52p 9.6 L	<b>11</b> MR: 6:11p MS: 3:15a (PDT) ft SR: 6:44a SS: 7:34p 1:47a 10.6 H 8:28a 3.4 L 4:53p 12.6 H 10:24p 9.1 L	<b>12</b> MR: 6:29p MS: 4:26a (PDT) ft SR: 6:45a SS: 7:32p 3:04a 11.0 H 10:10a 3.2 L 5:21p 12.7 H 10:56p 8.3 L	<b>13</b> MR: 6:46p MS: 5:38a (PDT) ft SR: 6:47a SS: 7:30p 4:02a 11.4 H 10:50a 3.2 L 5:44p 12.8 H 11:29p 7.4 L
<b>14</b> MR: 7:01p MS: 6:50a (PDT) ft SR: 6:48a SS: 7:28p 4:54a 11.8 H 11:26a 3.4 L 6:05p 12.9 H	<b>15</b> MR: 7:17p MS: 8:04a (PDT) ft SR: 6:50a SS: 7:26p 12:04a 6.3 L 5:45a 12.1 H 12:02p 4.0 L 6:26p 13.1 H	<b>16</b> MR: 7:34p MS: 9:21a (PDT) ft SR: 6:51a SS: 7:24p 12:41a 5.1 L 6:36a 12.3 H 12:38p 4.9 L 6:49p 13.3 H	<b>17</b> MR: 7:55p MS: 10:39a (PDT) ft SR: 6:53a SS: 7:21p 1:19a 3.9 L 7:30a 12.4 H 1:17p 6.0 L 7:12p 13.4 H	<b>18</b> MR: 8:20p MS: 11:59a (PDT) ft SR: 6:54a SS: 7:19p 2:00a 2.9 L 8:27a 12.4 H 1:58p 7.3 L 7:38p 13.4 H	<b>19</b> MR: 8:55p MS: 1:17p (PDT) ft SR: 6:56a SS: 7:17p 2:43a 2.1 L 9:29a 12.3 H 2:43p 8.5 L 8:06p 13.2 H	<b>20</b> MR: 9:40p MS: 2:29p (PDT) ft SR: 6:57a SS: 7:15p 3:30a 1.7 L 10:41a 12.3 H 3:37p 9.6 L 8:39p 12.8 H
<b>21</b> MR: 10:39p MS: 3:29p (PDT) ft SR: 6:58a SS: 7:13p 4:22a 1.7 L 12:08p 12.4 H 4:45p 10.3 L 9:22p 12.3 H	<b>22</b> MR: 11:49p MS: 4:16p (PDT) ft SR: 7:00a SS: 7:11p 5:22a 1.9 L 1:33p 12.6 H 6:20p 10.6 L 10:24p 11.6 H	<b>23</b> MR: 1:05a MS: 4:55p (PDT) ft SR: 7:01a SS: 7:09p 6:32a 2.3 L 2:38p 12.9 H 8:01p 10.0 L 11:58p 11.0 H	<b>24</b> MR: 2:23a MS: 5:20p (PDT) ft SR: 7:03a SS: 7:06p 7:46a 2.6 L 3:28p 13.1 H 9:09p 9.1 L	<b>25</b> MR: 3:39a MS: 5:41p (PDT) ft SR: 7:04a SS: 7:04p 1:46a 10.9 H 8:53a 2.9 L 4:09p 13.2 H 9:59p 7.9 L	<b>26</b> MR: 4:53a MS: 5:58p (PDT) ft SR: 7:06a SS: 7:02p 3:09a 11.3 H 9:50a 3.2 L 4:44p 13.2 H 10:42p 6.7 L	<b>27</b> MR: 6:05a MS: 6:13p (PDT) ft SR: 7:07a SS: 7:00p 4:15a 11.7 H 10:40a 3.8 L 5:14p 13.2 H 11:23p 5.6 L
<b>28</b> MR: 7:16a MS: 6:28p (PDT) ft SR: 7:09a SS: 6:58p 5:13a 12.0 H 11:23a 4.6 L 5:41p 13.1 H	<b>29</b> MR: 8:26a MS: 6:44p (PDT) ft SR: 7:10a SS: 6:56p 12:01a 4.5 L 6:07a 12.3 H 12:04p 5.6 L 6:06p 13.0 H	<b>30</b> MR: 9:35a MS: 7:01p (PDT) ft SR: 7:12a SS: 6:54p 12:38a 3.6 L 6:58a 12.5 H 12:41p 6.6 L 6:28p 12.8 H				



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
www.sounddivers.com  
dave@sounddivers.com

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High October 18, 9:38a 13.7 ft  
Low October 18, 2:15a 0.3 ft

## October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			MR: 10:44a MS: 7:22p (PDT) ft SR: 7:13a SS: 6:52p 1:13a 2.9 L 7:48a 12.6 H 1:18p 7.7 L 6:48p 12.6 H	MR: 11:51a MS: 7:48p (PDT) ft SR: 7:15a SS: 6:49p 1:47a 2.5 L 8:38a 12.6 H 1:55p 8.6 L 7:06p 12.3 H	MR: 12:54p MS: 8:21p (PDT) ft SR: 7:16a SS: 6:47p 2:21a 2.4 L 9:29a 12.6 H 2:35p 9.4 L 7:23p 11.9 H	MR: 1:50p MS: 9:02p (PDT) ft SR: 7:17a SS: 6:45p 2:55a 2.5 L 10:25a 12.5 H 3:21p 10.0 L 7:43p 11.5 H
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
MR: 2:38p MS: 9:53p (PDT) ft SR: 7:19a SS: 6:43p 3:32a 2.9 L 11:29a 12.4 H 4:21p 10.4 L 8:06p 11.0 H	MR: 3:16p MS: 10:51p (PDT) ft SR: 7:20a SS: 6:41p 4:14a 3.4 L 12:38p 12.4 H 6:07p 10.4 L 8:39p 10.5 H	MR: 3:46p MS: 11:55p (PDT) ft SR: 7:22a SS: 6:39p 5:06a 3.9 L 1:40p 12.4 H 8:15p 10.0 L 9:54p 9.9 L	MR: 4:14p MS: 1:03a (PDT) ft SR: 7:24a SS: 6:37p 6:11a 4.3 L 2:30p 12.5 H 8:54p 9.3 L 11:53p 9.6 H	MR: 4:34p MS: 2:12a (PDT) ft SR: 7:25a SS: 6:35p 7:24a 4.5 L 3:11p 12.5 H 9:23p 8.5 L	MR: 4:51p MS: 3:22a (PDT) ft SR: 7:27a SS: 6:33p 1:46a 9.9 H 8:29a 4.7 L 3:42p 12.6 H 9:52p 7.6 L	MR: 5:07p MS: 4:34a (PDT) ft SR: 7:28a SS: 6:31p 3:01a 10.5 H 9:22a 4.8 L 4:09p 12.6 H 10:22p 6.4 L
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
MR: 5:23p MS: 5:47a (PDT) ft SR: 7:30a SS: 6:29p 4:02a 11.2 H 10:09a 5.2 L 4:32p 12.8 H 10:55p 5.1 L	MR: 5:39p MS: 7:03a (PDT) ft SR: 7:31a SS: 6:27p 4:57a 11.9 H 10:52a 5.8 L 4:55p 12.9 H 11:30p 3.7 L	MR: 5:59p MS: 8:23a (PDT) ft SR: 7:33a SS: 6:25p 5:51a 12.6 H 11:34a 6.6 L 5:19p 13.1 H	MR: 6:23p MS: 9:45a (PDT) ft SR: 7:34a SS: 6:23p 12:08a 2.4 L 6:44a 13.1 H 12:17p 7.5 L 5:45p 13.3 H	MR: 6:56p MS: 11:06a (PDT) ft SR: 7:36a SS: 6:21p 12:48a 1.3 L 7:39a 13.5 H 1:01p 8.5 L 6:13p 13.4 H	MR: 7:40p MS: 12:23p (PDT) ft SR: 7:37a SS: 6:19p 1:30a 0.6 L 8:36a 13.7 H 1:48p 9.4 L 6:43p 13.3 H	MR: 8:37p MS: 1:28p (PDT) ft SR: 7:39a SS: 6:17p 2:15a 0.3 L 9:38a 13.7 H 2:42p 10.1 L 7:19p 12.9 H
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
MR: 9:46p MS: 2:19p (PDT) ft SR: 7:40a SS: 6:15p 3:03a 0.5 L 10:44a 13.7 H 3:46p 10.5 L 8:02p 12.2 H	MR: 11:02p MS: 2:56p (PDT) ft SR: 7:42a SS: 6:13p 3:56a 1.1 L 11:52a 13.7 H 5:09p 10.4 L 9:01p 11.3 H	MR: 12:19a MS: 3:27p (PDT) ft SR: 7:44a SS: 6:11p 4:55a 2.0 L 12:55p 13.6 H 6:52p 9.7 L 10:33p 10.4 H	MR: 1:35a MS: 3:48p (PDT) ft SR: 7:45a SS: 6:10p 6:02a 3.0 L 1:48p 13.6 H 8:08p 8.5 L	MR: 2:48a MS: 4:06p (PDT) ft SR: 7:47a SS: 6:08p 12:31a 10.0 H 7:13a 4.0 L 2:33p 13.5 H 9:00p 7.2 L	MR: 3:59a MS: 4:21p (PDT) ft SR: 7:48a SS: 6:06p 2:09a 10.2 H 8:21a 4.9 L 3:12p 13.4 H 9:43p 5.8 L	MR: 5:09a MS: 4:36p (PDT) ft SR: 7:50a SS: 6:04p 3:27a 10.8 H 9:21a 5.7 L 3:45p 13.2 H 10:22p 4.5 L
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
MR: 5:17a MS: 3:51p (PST) ft SR: 6:51a SS: 5:02p 3:33a 11.5 H 9:14a 6.6 L 3:14p 13.0 H 9:58p 3.4 L	MR: 6:26a MS: 4:08p (PST) ft SR: 6:53a SS: 5:01p 4:31a 12.3 H 10:01a 7.5 L 3:40p 12.8 H 10:33p 2.5 L	MR: 7:35a MS: 4:27p (PST) ft SR: 6:55a SS: 4:59p 5:23a 12.9 H 10:45a 8.4 L 4:03p 12.5 H 11:06p 1.9 L	MR: 8:42a MS: 4:52p (PST) ft SR: 6:56a SS: 4:57p 6:10a 13.3 H 11:25a 9.1 L 4:22p 12.3 H 11:39p 1.6 L	MR: 9:47a MS: 5:22p (PST) ft SR: 6:58a SS: 4:55p 6:54a 13.6 H 12:05p 9.7 L 4:40p 12.2 H	MR: 10:46a MS: 6:01p (PST) ft SR: 6:59a SS: 4:54p 12:10a 1.5 L 7:37a 13.7 H 12:45p 10.1 L 4:58p 11.9 H	



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High November 16, 8:35a-14.9 ft  
Low November 15, 12:08a -0.8 ft

## November 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> MR:11:36a MS: 6:49p (PST) ft SR: 7:01a SS: 4:52p 12:42a 1.6 L 8:20a 13.7 H 1:28p 10.4 L 5:20p 11.6 H
<b>2</b> MR:12:17p MS: 7:46p (PST) ft SR: 7:03a SS: 4:51p 1:15a 1.9 L 9:06a 13.6 H 2:19p 10.5 L 5:44p 11.2 H	<b>3</b> MR:12:49p MS: 8:48p (PST) ft SR: 7:04a SS: 4:49p 1:50a 2.4 L 9:54a 13.4 H 3:26p 10.5 L 6:12p 10.7 H	<b>4</b> MR: 1:19p MS: 9:54p (PST) ft SR: 7:06a SS: 4:47p 2:30a 3.0 L 10:43a 13.3 H 5:19p 10.1 L 6:51p 10.0 L	<b>5</b> MR: 1:39p MS:11:01p (PST) ft SR: 7:08a SS: 4:46p 3:14a 3.7 L 11:31a 13.2 H 6:41p 9.4 L 8:38p 9.4 L	<b>6</b> MR: 1:57p MS:12:09a (PST) ft SR: 7:09a SS: 4:44p 4:07a 4.5 L 12:13p 13.1 H 7:13p 8.4 L 10:46p 9.1 H	<b>7</b> MR: 2:12p MS: 1:18a (PST) ft SR: 7:11a SS: 4:43p 5:10a 5.3 L 12:49p 13.0 H 7:41p 7.3 L	<b>8</b> MR: 2:28p MS: 2:29a (PST) ft SR: 7:12a SS: 4:42p 12:35a 9.4 H 6:20a 6.1 L 1:19p 13.0 H 8:11p 6.0 L
<b>9</b> MR: 2:44p MS: 3:42a (PST) ft SR: 7:14a SS: 4:40p 1:57a 10.2 H 7:26a 6.9 L 1:47p 13.0 H 8:44p 4.5 L	<b>10</b> MR: 3:02p MS: 5:00a (PST) ft SR: 7:16a SS: 4:39p 3:05a 11.3 H 8:26a 7.7 L 2:15p 13.1 H 9:20p 3.0 L	<b>11</b> MR: 3:24p MS: 6:21a (PST) ft SR: 7:17a SS: 4:37p 4:05a 12.4 H 9:20a 8.4 L 2:43p 13.3 H 9:58p 1.6 L	<b>12</b> MR: 3:53p MS: 7:44a (PST) ft SR: 7:19a SS: 4:36p 5:01a 13.3 H 10:10a 9.2 L 3:13p 13.5 H 10:39p 0.4 L	<b>13</b> MR: 4:33p MS: 9:05a (PST) ft SR: 7:20a SS: 4:35p 5:55a 14.1 H 11:00a 9.9 L 3:47p 13.6 H 11:23p -0.5 L	<b>14</b> MR: 5:27p MS:10:18a (PST) ft SR: 7:22a SS: 4:34p 6:48a 14.6 H 11:50a 10.4 L 4:24p 13.6 H	<b>15</b> MR: 6:35p MS:11:15a (PST) ft SR: 7:23a SS: 4:32p 12:08a -0.8 L 7:42a 14.8 H 12:44p 10.7 L 5:05p 13.3 H
<b>16</b> MR: 7:52p MS:11:58a (PST) ft SR: 7:25a SS: 4:31p 12:54a -0.6 L 8:35a 14.9 H 1:44p 10.7 L 5:53p 12.6 H	<b>17</b> MR: 9:12p MS:12:33p (PST) ft SR: 7:26a SS: 4:30p 1:43a 0.0 L 9:28a 14.8 H 2:55p 10.4 L 6:53p 11.7 H	<b>18</b> MR:10:30p MS:12:56p (PST) ft SR: 7:28a SS: 4:29p 2:33a 1.1 L 10:20a 14.7 H 4:19p 9.6 L 8:13p 10.6 H	<b>19</b> MR:11:45p MS: 1:14p (PST) ft SR: 7:29a SS: 4:28p 3:27a 2.5 L 11:08a 14.5 H 5:42p 8.4 L 9:55p 9.7 H	<b>20</b> MR:12:56a MS: 1:30p (PST) ft SR: 7:31a SS: 4:27p 4:25a 4.0 L 11:52a 14.3 H 6:45p 6.9 L 11:43p 9.5 H	<b>21</b> MR: 2:05a MS: 1:45p (PST) ft SR: 7:32a SS: 4:26p 5:30a 5.6 L 12:32p 14.0 H 7:34p 5.5 L	<b>22</b> MR: 3:14a MS: 2:00p (PST) ft SR: 7:34a SS: 4:25p 1:23a 9.9 H 6:39a 7.1 L 1:08p 13.6 H 8:16p 4.1 L
<b>23</b> MR: 4:21a MS: 2:16p (PST) ft SR: 7:35a SS: 4:24p 2:50a 10.9 H 7:47a 8.3 L 1:41p 13.2 H 8:54p 3.0 L	<b>24</b> MR: 5:29a MS: 2:34p (PST) ft SR: 7:37a SS: 4:23p 3:59a 12.0 H 8:49a 9.2 L 2:10p 12.8 H 9:30p 2.2 L	<b>25</b> MR: 6:37a MS: 2:57p (PST) ft SR: 7:38a SS: 4:23p 4:54a 12.9 H 9:44a 9.9 L 2:35p 12.5 H 10:05p 1.6 L	<b>26</b> MR: 7:42a MS: 3:26p (PST) ft SR: 7:40a SS: 4:22p 5:38a 13.6 H 10:33a 10.4 L 2:58p 12.3 H 10:39p 1.2 L	<b>27</b> MR: 8:42a MS: 4:03p (PST) ft SR: 7:41a SS: 4:21p 6:17a 14.1 H 11:17a 10.7 L 3:20p 12.2 H 11:12p 1.1 L	<b>28</b> MR: 9:35a MS: 4:48p (PST) ft SR: 7:42a SS: 4:20p 6:54a 14.3 H 11:58a 10.8 L 3:45p 12.0 H 11:44p 1.2 L	<b>29</b> MR:10:18a MS: 5:43p (PST) ft SR: 7:44a SS: 4:20p 7:30a 14.4 H 12:38p 10.8 L 4:15p 11.9 H
<b>30</b> MR:10:53a MS: 6:43p (PST) ft SR: 7:45a SS: 4:19p 12:17a 1.4 L 8:05a 14.3 H 1:21p 10.8 L 4:48p 11.6 H						



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High December 15, 8:16a 15.4 ft  
Low December 13, 11:53p -1.2 ft

## December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> MR:11:24a MS: 7:48p (PST) ft SR: 7:46a SS: 4:19p 12:49a 1.7 L 8:41a 14.3 H 2:11p 10.6 L 5:24p 11.1 H	<b>2</b> MR:11:46a MS: 8:55p (PST) ft SR: 7:47a SS: 4:18p 1:23a 2.2 L 9:17a 14.2 H 3:09p 10.2 L 6:09p 10.5 H	<b>3</b> MR:12:04p MS:10:01p (PST) ft SR: 7:49a SS: 4:18p 1:58a 2.8 L 9:52a 14.1 H 4:16p 9.6 L 7:15p 9.8 H	<b>4</b> MR:12:19p MS:11:09p (PST) ft SR: 7:50a SS: 4:18p 2:36a 3.7 L 10:25a 14.0 H 5:18p 8.7 L 8:50p 9.2 H	<b>5</b> MR:12:34p MS:12:17a (PST) ft SR: 7:51a SS: 4:17p 3:19a 4.8 L 10:56a 13.8 H 6:05p 7.5 L 10:35p 9.0 H	<b>6</b> MR:12:49p MS: 1:27a (PST) ft SR: 7:52a SS: 4:17p 4:09a 6.1 L 11:27a 13.7 H 6:45p 6.2 L
<b>7</b> MR: 1:06p MS: 2:40a (PST) ft SR: 7:53a SS: 4:17p 12:20a 9.4 H 5:13a 7.5 L 11:57a 13.6 H 7:24p 4.7 L	<b>8</b> MR: 1:25p MS: 3:57a (PST) ft SR: 7:54a SS: 4:17p 1:56a 10.4 H 6:30a 8.8 L 12:28p 13.5 H 8:04p 3.1 L	<b>9</b> MR: 1:51p MS: 5:18a (PST) ft SR: 7:55a SS: 4:17p 3:15a 11.7 H 7:45a 9.8 L 1:01p 13.6 H 8:47p 1.6 L	<b>10</b> MR: 2:25p MS: 6:40a (PST) ft SR: 7:56a SS: 4:16p 4:18a 13.0 H 8:52a 10.6 L 1:39p 13.7 H 9:32p 0.4 L	<b>11</b> MR: 3:13p MS: 7:57a (PST) ft SR: 7:57a SS: 4:16p 5:12a 14.0 H 9:52a 11.0 L 2:21p 13.8 H 10:18p -0.6 L	<b>12</b> MR: 4:16p MS: 9:03a (PST) ft SR: 7:58a SS: 4:16p 6:01a 14.7 H 10:48a 11.2 L 3:08p 13.9 H 11:06p -1.1 L	<b>13</b> MR: 5:32p MS: 9:53a (PST) ft SR: 7:59a SS: 4:17p 6:48a 15.1 H 11:42a 11.2 L 4:00p 13.7 H 11:53p -1.2 L
<b>14</b> MR: 6:54p MS:10:33a (PST) ft SR: 8:00a SS: 4:17p 7:33a 15.3 H 12:39p 10.9 L 4:57p 13.2 H	<b>15</b> MR: 8:16p MS:11:00a (PST) ft SR: 8:00a SS: 4:17p 12:40a -0.7 L 8:16a 15.4 H 1:40p 10.3 L 5:59p 12.4 H	<b>16</b> MR: 9:35p MS:11:21a (PST) ft SR: 8:01a SS: 4:17p 1:26a 0.3 L 8:58a 15.3 H 2:46p 9.5 L 7:09p 11.4 H	<b>17</b> MR:10:49p MS:11:38a (PST) ft SR: 8:02a SS: 4:17p 2:11a 1.7 L 9:38a 15.2 H 3:56p 8.4 L 8:28p 10.4 H	<b>18</b> MR:12:00a MS:11:53a (PST) ft SR: 8:02a SS: 4:18p 2:57a 3.4 L 10:16a 14.9 H 5:04p 7.0 L 9:57p 9.6 H	<b>19</b> MR: 1:10a MS:12:08p (PST) ft SR: 8:03a SS: 4:18p 3:45a 5.3 L 10:52a 14.6 H 6:03p 5.7 L 11:41p 9.5 H	<b>20</b> MR: 2:18a MS:12:24p (PST) ft SR: 8:04a SS: 4:19p 4:40a 7.3 L 11:26a 14.1 H 6:54p 4.4 L
<b>21</b> MR: 3:25a MS:12:42p (PST) ft SR: 8:04a SS: 4:19p 1:37a 10.2 H 5:50a 9.0 L 11:59a 13.5 H 7:40p 3.4 L	<b>22</b> MR: 4:33a MS: 1:04p (PST) ft SR: 8:05a SS: 4:20p 3:13a 11.4 H 7:12a 10.2 L 12:30p 13.0 H 8:21p 2.6 L	<b>23</b> MR: 5:38a MS: 1:31p (PST) ft SR: 8:05a SS: 4:20p 4:14a 12.5 H 8:31a 10.9 L 12:59p 12.5 H 9:01p 2.0 L	<b>24</b> MR: 6:39a MS: 2:05p (PST) ft SR: 8:05a SS: 4:21p 4:58a 13.4 H 9:36a 11.2 L 1:30p 12.2 H 9:40p 1.7 L	<b>25</b> MR: 7:34a MS: 2:49p (PST) ft SR: 8:06a SS: 4:22p 5:35a 14.0 H 10:28a 11.2 L 2:06p 12.1 H 10:17p 1.4 L	<b>26</b> MR: 8:20a MS: 3:41p (PST) ft SR: 8:06a SS: 4:22p 6:08a 14.3 H 11:10a 11.1 L 2:46p 12.1 H 10:53p 1.3 L	<b>27</b> MR: 8:57a MS: 4:41p (PST) ft SR: 8:06a SS: 4:23p 6:40a 14.4 H 11:47a 11.0 L 3:29p 12.0 H 11:28p 1.3 L
<b>28</b> MR: 9:26a MS: 5:45p (PST) ft SR: 8:06a SS: 4:24p 7:11a 14.4 H 12:23p 10.8 L 4:12p 11.9 H	<b>29</b> MR: 9:53a MS: 6:51p (PST) ft SR: 8:06a SS: 4:25p 12:00a 1.4 L 7:41a 14.4 H 1:03p 10.4 L 4:55p 11.7 H	<b>30</b> MR:10:07a MS: 7:58p (PST) ft SR: 8:06a SS: 4:26p 12:31a 1.7 L 8:08a 14.4 H 1:45p 10.0 L 5:42p 11.2 H	<b>31</b> MR:10:24a MS: 9:04p (PST) ft SR: 8:06a SS: 4:27p 1:02a 2.2 L 8:35a 14.5 H 2:31p 9.4 L 6:36p 10.7 H			



**SOUND DIVERS**  
 P.O. Box 114  
 Bellingham, WA 98227  
 360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High January 13, 7:38a 15.4 ft  
Low January 10, 10:53p -0.7 ft

## January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				MR:10:38a MS:10:11p (PST) ft SR: 8:06a SS: 4:28p 1:32a 3.2 L 8:54a 14.3 H 3:14p 8.3 L 7:45p 10.1 H	MR:10:53a MS:11:19p (PST) ft SR: 8:06a SS: 4:29p 2:05a 4.4 L 9:18a 14.3 H 4:02p 7.3 L 9:00p 9.6 H	MR:11:08a MS:12:29a (PST) ft SR: 8:06a SS: 4:30p 2:42a 5.8 L 9:44a 14.1 H 4:50p 6.1 L 10:27p 9.6 H
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
MR:11:26a MS: 1:42a (PST) ft SR: 8:06a SS: 4:31p 3:27a 7.4 L 10:11a 13.9 H 5:39p 4.9 L	MR:11:48a MS: 2:59a (PST) ft SR: 8:05a SS: 4:32p 12:12a 10.0 H 4:27a 9.0 L 10:42a 13.7 H 6:31p 3.6 L	MR:12:18p MS: 4:17a (PST) ft SR: 8:05a SS: 4:33p 2:08a 11.1 H 5:49a 10.3 L 11:18a 13.6 H 7:24p 2.3 L	MR:12:58p MS: 5:35a (PST) ft SR: 8:05a SS: 4:34p 3:27a 12.4 H 7:20a 11.2 L 12:03p 13.6 H 8:19p 1.2 L	MR: 1:53p MS: 6:45a (PST) ft SR: 8:04a SS: 4:36p 4:22a 13.4 H 8:39a 11.5 L 12:58p 13.6 H 9:12p 0.2 L	MR: 3:03p MS: 7:42a (PST) ft SR: 8:04a SS: 4:37p 5:08a 14.2 H 9:44a 11.4 L 2:01p 13.6 H 10:04p -0.4 L	MR: 4:28p MS: 8:25a (PST) ft SR: 8:03a SS: 4:38p 5:49a 14.8 H 10:41a 11.1 L 3:07p 13.6 H 10:53p -0.7 L
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
MR: 5:52p MS: 8:56a (PST) ft SR: 8:03a SS: 4:40p 6:28a 15.1 H 11:35a 10.5 L 4:13p 13.4 H 11:40p -0.5 L	MR: 7:15p MS: 9:20a (PST) ft SR: 8:02a SS: 4:41p 7:04a 15.3 H 12:29p 9.6 L 5:16p 12.9 H	MR: 8:33p MS: 9:39a (PST) ft SR: 8:02a SS: 4:42p 12:23a 0.2 L 7:38a 15.4 H 1:24p 8.6 L 6:19p 12.2 H	MR: 9:48p MS: 9:56a (PST) ft SR: 8:01a SS: 4:44p 1:05a 1.4 L 8:12a 15.4 H 2:19p 7.5 L 7:24p 11.4 H	MR:11:00p MS:10:12a (PST) ft SR: 8:00a SS: 4:45p 1:45a 3.0 L 8:44a 15.2 H 3:14p 6.4 L 8:32p 10.6 H	MR:12:10a MS:10:28a (PST) ft SR: 7:59a SS: 4:47p 2:25a 4.9 L 9:15a 14.9 H 4:09p 5.4 L 9:49p 10.1 H	MR: 1:19a MS:10:46a (PST) ft SR: 7:59a SS: 4:48p 3:06a 6.8 L 9:45a 14.3 H 5:03p 4.6 L 11:28p 10.1 H
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
MR: 2:27a MS:11:06a (PST) ft SR: 7:58a SS: 4:50p 3:54a 8.6 L 10:14a 13.7 H 5:57p 3.9 L	MR: 3:33a MS:11:32a (PST) ft SR: 7:57a SS: 4:51p 1:26a 10.7 H 5:01a 10.0 L 10:43a 13.0 H 6:50p 3.4 L	MR: 4:36a MS:12:05p (PST) ft SR: 7:56a SS: 4:53p 2:54a 11.7 H 6:40a 11.0 L 11:16a 12.4 H 7:42p 3.1 L	MR: 5:32a MS:12:46p (PST) ft SR: 7:55a SS: 4:54p 3:50a 12.6 H 8:15a 11.2 L 11:59a 12.0 H 8:31p 2.8 L	MR: 6:20a MS: 1:35p (PST) ft SR: 7:54a SS: 4:56p 4:32a 13.1 H 9:21a 11.1 L 12:57p 11.8 H 9:17p 2.4 L	MR: 6:59a MS: 2:33p (PST) ft SR: 7:53a SS: 4:57p 5:08a 13.5 H 10:07a 10.9 L 2:00p 11.8 H 9:59p 2.1 L	MR: 7:30a MS: 3:37p (PST) ft SR: 7:52a SS: 4:59p 5:40a 13.7 H 10:44a 10.6 L 2:56p 12.0 H 10:37p 1.9 L
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
MR: 7:55a MS: 4:47p (PST) ft SR: 7:50a SS: 5:00p 6:09a 13.8 H 11:19a 10.2 L 3:45p 12.0 H 11:10p 1.9 L	MR: 8:15a MS: 5:54p (PST) ft SR: 7:49a SS: 5:02p 6:34a 13.9 H 11:54a 9.7 L 4:31p 12.0 H 11:41p 2.0 L	MR: 8:32a MS: 7:01p (PST) ft SR: 7:48a SS: 5:04p 6:57a 14.0 H 12:30p 9.1 L 5:17p 11.8 H	MR: 8:47a MS: 8:08p (PST) ft SR: 7:47a SS: 5:05p 12:10a 2.5 L 7:18a 14.1 H 1:08p 8.3 L 6:05p 11.4 H	MR: 9:02a MS: 9:16p (PST) ft SR: 7:45a SS: 5:07p 12:40a 3.2 L 7:38a 14.1 H 1:47p 7.5 L 6:58p 11.1 H	MR: 9:17a MS:10:25p (PST) ft SR: 7:44a SS: 5:09p 1:11a 4.2 L 8:00a 14.1 H 2:28p 6.5 L 7:56p 10.7 H	MR: 9:34a MS:11:36p (PST) ft SR: 7:43a SS: 5:10p 1:45a 5.5 L 8:22a 14.1 H 3:10p 5.5 L 9:01p 10.5 H



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High February 11, 6:53a 14.8 ft  
Low February 7, 9:51p 0.4 ft

## February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> MR: 9:54a MS: 12:50a (PST) ft SR: 7:41a SS: 5:12p 2:23a 7.0 L 8:46a 13.9 H 3:57p 4.5 L 10:19p 10.5 H	<b>2</b> MR: 10:21a MS: 2:06a (PST) ft SR: 7:40a SS: 5:13p 3:09a 8.5 L 9:13a 13.7 H 4:49p 3.6 L	<b>3</b> MR: 10:56a MS: 3:22a (PST) ft SR: 7:38a SS: 5:15p 12:05a 10.9 H 4:09a 9.9 L 9:47a 13.4 H 5:48p 2.9 L	<b>4</b> MR: 11:44a MS: 4:32a (PST) ft SR: 7:37a SS: 5:17p 2:02a 11.7 H 5:34a 11.0 L 10:31a 13.2 H 6:52p 2.1 L	<b>5</b> MR: 12:46p MS: 5:32a (PST) ft SR: 7:35a SS: 5:18p 3:13a 12.7 H 7:15a 11.4 L 11:31a 13.0 H 7:57p 1.4 L	<b>6</b> MR: 2:01p MS: 6:19a (PST) ft SR: 7:34a SS: 5:20p 4:02a 13.4 H 8:37a 11.2 L 12:49p 12.9 H 8:57p 0.8 L	<b>7</b> MR: 3:23p MS: 6:54a (PST) ft SR: 7:32a SS: 5:22p 4:43a 13.9 H 9:39a 10.6 L 2:12p 12.9 H 9:51p 0.4 L
<b>8</b> MR: 4:50p MS: 7:21a (PST) ft SR: 7:31a SS: 5:23p 5:19a 14.3 H 10:32a 9.7 L 3:25p 13.0 H 10:39p 0.5 L	<b>9</b> MR: 6:11p MS: 7:42a (PST) ft SR: 7:29a SS: 5:25p 5:52a 14.6 H 11:22a 8.7 L 4:30p 12.9 H 11:23p 1.0 L	<b>10</b> MR: 7:28p MS: 8:00a (PST) ft SR: 7:27a SS: 5:27p 6:23a 14.7 H 12:10p 7.5 L 5:29p 12.6 H	<b>11</b> MR: 8:44p MS: 8:17a (PST) ft SR: 7:26a SS: 5:28p 12:04a 2.0 L 6:53a 14.8 H 12:57p 6.4 L 6:28p 12.2 H	<b>12</b> MR: 9:56p MS: 8:33a (PST) ft SR: 7:24a SS: 5:30p 12:43a 3.3 L 7:21a 14.7 H 1:43p 5.3 L 7:26p 11.7 H	<b>13</b> MR: 11:08p MS: 8:51a (PST) ft SR: 7:22a SS: 5:32p 1:21a 4.9 L 7:49a 14.4 H 2:29p 4.5 L 8:28p 11.3 H	<b>14</b> MR: 12:18a MS: 9:12a (PST) ft SR: 7:21a SS: 5:33p 1:59a 6.5 L 8:15a 14.0 H 3:15p 4.0 L 9:37p 11.0 H
<b>15</b> MR: 1:26a MS: 9:36a (PST) ft SR: 7:19a SS: 5:35p 2:40a 8.1 L 8:40a 13.4 H 4:02p 3.7 L 11:04p 11.0 H	<b>16</b> MR: 2:30a MS: 10:07a (PST) ft SR: 7:17a SS: 5:37p 3:27a 9.4 L 9:05a 12.7 H 4:52p 3.7 L	<b>17</b> MR: 3:28a MS: 10:46a (PST) ft SR: 7:15a SS: 5:38p 12:46a 11.9 H 4:34a 10.5 L 9:32a 12.1 H 5:50p 3.8 L	<b>18</b> MR: 4:19a MS: 11:33a (PST) ft SR: 7:13a SS: 5:40p 2:07a 11.9 H 6:31a 10.9 L 10:09a 11.5 H 6:54p 3.7 L	<b>19</b> MR: 5:00a MS: 12:29p (PST) ft SR: 7:12a SS: 5:42p 3:05a 12.3 H 8:12a 10.8 L 11:11a 11.1 H 7:55p 3.6 L	<b>20</b> MR: 5:34a MS: 1:30p (PST) ft SR: 7:10a SS: 5:43p 3:50a 12.7 H 9:08a 10.4 L 12:45p 11.0 H 8:48p 3.3 L	<b>21</b> MR: 6:00a MS: 2:36p (PST) ft SR: 7:08a SS: 5:45p 4:26a 12.9 H 9:47a 9.9 L 2:06p 11.2 H 9:33p 3.0 L
<b>22</b> MR: 6:21a MS: 3:43p (PST) ft SR: 7:06a SS: 5:47p 4:56a 13.1 H 10:20a 9.4 L 3:04p 11.5 H 10:11p 2.8 L	<b>23</b> MR: 6:39a MS: 4:54p (PST) ft SR: 7:04a SS: 5:48p 5:22a 13.1 H 10:52a 8.7 L 3:54p 11.7 H 10:44p 2.9 L	<b>24</b> MR: 6:55a MS: 6:02p (PST) ft SR: 7:02a SS: 5:50p 5:43a 13.3 H 11:25a 7.9 L 4:41p 11.9 H 11:16p 3.3 L	<b>25</b> MR: 7:10a MS: 7:11p (PST) ft SR: 7:00a SS: 5:51p 6:03a 13.4 H 11:58a 7.0 L 5:27p 11.9 H 11:47p 3.9 L	<b>26</b> MR: 7:25a MS: 8:20p (PST) ft SR: 6:58a SS: 5:53p 6:21a 13.5 H 12:33p 6.0 L 6:16p 11.8 H	<b>27</b> MR: 7:42a MS: 9:32p (PST) ft SR: 6:56a SS: 5:55p 12:19a 4.8 L 6:41a 13.6 H 1:10p 5.0 L 7:07p 11.7 H	<b>28</b> MR: 8:02a MS: 10:46p (PST) ft SR: 6:54a SS: 5:56p 12:54a 5.9 L 7:03a 13.6 H 1:48p 4.0 L 8:03p 11.7 H



**SOUND DIVERS**  
 P.O. Box 114  
 Bellingham, WA 98227  
 360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High March 11, 5:32a 13.9 ft  
Low March 31, 2:47p 1.3 ft

## March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> MR: 8:27a MS: 12:02a (PST) ft SR: 6:52a SS: 5:58p 1:32a 7.2 L 7:26a 13.5 H 2:30p 3.3 L 9:05p 11.6 H	<b>2</b> MR: 9:00a MS: 1:17a (PST) ft SR: 6:50a SS: 5:59p 2:15a 8.4 L 7:52a 13.3 H 3:16p 2.7 L 10:22p 11.6 H	<b>3</b> MR: 9:43a MS: 2:27a (PST) ft SR: 6:48a SS: 6:01p 3:07a 9.6 L 8:23a 13.0 H 4:09p 2.4 L	<b>4</b> MR: 10:40a MS: 3:28a (PST) ft SR: 6:46a SS: 6:03p 12:01a 11.9 H 4:15a 10.5 L 9:04a 12.6 H 5:12p 2.3 L	<b>5</b> MR: 11:49a MS: 4:17a (PST) ft SR: 6:44a SS: 6:04p 1:32a 12.4 H 5:52a 10.9 L 10:03a 12.1 H 6:24p 2.2 L	<b>6</b> MR: 1:07p MS: 4:55a (PST) ft SR: 6:42a SS: 6:06p 2:34a 12.9 H 7:32a 10.6 L 11:30a 11.7 H 7:35p 2.0 L	<b>7</b> MR: 2:27p MS: 5:23a (PST) ft SR: 6:40a SS: 6:07p 3:21a 13.3 H 8:40a 9.8 L 1:13p 11.7 H 8:37p 1.9 L
<b>8</b> MR: 3:47p MS: 5:45a (PST) ft SR: 6:38a SS: 6:09p 3:59a 13.6 H 9:33a 8.7 L 2:36p 11.9 H 9:31p 2.1 L	<b>9</b> MR: 5:09p MS: 6:04a (PST) ft SR: 6:36a SS: 6:10p 4:33a 13.8 H 10:19a 7.4 L 3:43p 12.2 H 10:19p 2.5 L	<b>10</b> MR: 6:25p MS: 6:21a (PST) ft SR: 6:34a SS: 6:12p 5:03a 13.9 H 11:03a 6.1 L 4:43p 12.4 H 11:02p 3.4 L	<b>11</b> MR: 7:39p MS: 6:38a (PST) ft SR: 6:32a SS: 6:14p 5:32a 13.9 H 11:45a 4.9 L 5:39p 12.5 H 11:43p 4.5 L	<b>12</b> MR: 8:52p MS: 6:56a (PST) ft SR: 6:30a SS: 6:15p 5:59a 13.9 H 12:26p 3.8 L 6:34p 12.4 H	<b>13</b> MR: 10:04p MS: 7:16a (PST) ft SR: 6:28a SS: 6:17p 12:22a 5.7 L 6:25a 13.7 H 1:06p 3.1 L 7:28p 12.3 H	<b>14</b> MR: 11:14p MS: 7:39a (PST) ft SR: 6:26a SS: 6:18p 1:01a 7.0 L 6:50a 13.3 H 1:45p 2.7 L 8:24p 12.2 H
<b>15</b> MR: 12:21a MS: 8:09a (PST) ft SR: 6:23a SS: 6:20p 1:40a 8.2 L 7:12a 12.9 H 2:24p 2.7 L 9:25p 12.0 H	<b>16</b> MR: 1:22a MS: 8:45a (PST) ft SR: 6:21a SS: 6:21p 2:24a 9.2 L 7:34a 12.3 H 3:04p 2.9 L 10:36p 11.9 H	<b>17</b> MR: 2:15a MS: 9:30a (PST) ft SR: 6:19a SS: 6:23p 3:15a 10.0 L 7:58a 11.7 H 3:48p 3.3 L 11:55p 12.0 H	<b>18</b> MR: 3:00a MS: 10:23a (PST) ft SR: 6:17a SS: 6:24p 4:32a 10.4 L 8:28a 11.1 H 4:42p 3.8 L	<b>19</b> MR: 3:35a MS: 11:23a (PST) ft SR: 6:15a SS: 6:26p 1:06a 12.1 H 6:46a 10.4 L 9:15a 10.5 H 5:48p 4.1 L	<b>20</b> MR: 4:03a MS: 12:27p (PST) ft SR: 6:13a SS: 6:27p 2:04a 12.2 H 8:04a 9.9 L 10:42a 10.0 H 7:00p 4.2 L	<b>21</b> MR: 4:26a MS: 1:33p (PST) ft SR: 6:11a SS: 6:29p 2:49a 12.4 H 8:46a 9.2 L 12:44p 10.0 H 8:01p 4.2 L
<b>22</b> MR: 4:45a MS: 2:40p (PST) ft SR: 6:09a SS: 6:30p 3:25a 12.5 H 9:19a 8.5 L 2:05p 10.4 H 8:51p 4.2 L	<b>23</b> MR: 5:01a MS: 3:48p (PST) ft SR: 6:07a SS: 6:32p 3:54a 12.5 H 9:49a 7.6 L 3:04p 10.9 H 9:32p 4.3 L	<b>24</b> MR: 5:17a MS: 5:00p (PST) ft SR: 6:04a SS: 6:34p 4:17a 12.6 H 10:19a 6.6 L 3:56p 11.4 H 10:10p 4.6 L	<b>25</b> MR: 5:32a MS: 6:10p (PST) ft SR: 6:02a SS: 6:35p 4:38a 12.7 H 10:51a 5.5 L 4:45p 11.8 H 10:46p 5.2 L	<b>26</b> MR: 5:49a MS: 7:23p (PST) ft SR: 6:00a SS: 6:37p 4:58a 12.8 H 11:24a 4.4 L 5:33p 12.2 H 11:22p 6.0 L	<b>27</b> MR: 6:09a MS: 8:38p (PST) ft SR: 5:58a SS: 6:38p 5:19a 13.0 H 11:58a 3.3 L 6:23p 12.5 H	<b>28</b> MR: 6:33a MS: 9:55p (PST) ft SR: 5:56a SS: 6:40p 12:00a 6.9 L 5:41a 13.1 H 12:36p 2.3 L 7:15p 12.7 H
<b>29</b> MR: 7:04a MS: 11:11p (PST) ft SR: 5:54a SS: 6:41p 12:40a 7.9 L 6:06a 13.1 H 1:15p 1.6 L 8:11p 12.8 H	<b>30</b> MR: 7:46a MS: 12:24a (PST) ft SR: 5:52a SS: 6:43p 1:25a 8.8 L 6:33a 13.0 H 1:59p 1.3 L 9:13p 12.8 H	<b>31</b> MR: 8:40a MS: 1:28a (PST) ft SR: 5:50a SS: 6:44p 2:15a 9.7 L 7:05a 12.7 H 2:47p 1.3 L 10:26p 12.8 H				



**SOUND DIVERS**  
 P.O. Box 114  
 Bellingham, WA 98227  
 360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High April 28, 10:16p 13.8 ft  
Low April 27, 1:51p -0.1 ft

## April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			MR: 9:46a MS: 2:19a (PST) ft SR: 5:48a SS: 6:46p 3:18a 10.2 L 7:45a 12.2 H 3:41p 1.5 L 11:43p 12.9 H	MR: 11:01a MS: 2:58a (PST) ft SR: 5:45a SS: 6:47p 4:41a 10.4 L 8:41a 11.5 H 4:44p 2.0 L	MR: 12:19p MS: 3:28a (PST) ft SR: 5:43a SS: 6:49p 12:50a 13.0 H 6:24a 9.9 L 10:07a 10.7 H 5:55p 2.6 L	MR: 1:36p MS: 3:51a (PST) ft SR: 5:41a SS: 6:50p 1:44a 13.2 H 7:40a 8.9 L 12:03p 10.4 H 7:06p 3.1 L
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
MR: 3:53p MS: 5:10a (PDT) ft SR: 6:39a SS: 7:52p 3:27a 13.3 H 9:34a 7.6 L 2:39p 10.6 H 9:10p 3.7 L	MR: 5:11p MS: 5:28a (PDT) ft SR: 6:37a SS: 7:53p 4:04a 13.3 H 10:19a 6.2 L 3:54p 11.1 H 10:06p 4.4 L	MR: 6:24p MS: 5:44a (PDT) ft SR: 6:35a SS: 7:55p 4:37a 13.3 H 11:00a 4.8 L 4:58p 11.7 H 10:55p 5.2 L	MR: 7:37p MS: 6:01a (PDT) ft SR: 6:33a SS: 7:56p 5:07a 13.3 H 11:40a 3.5 L 5:56p 12.2 H 11:41p 6.1 L	MR: 8:49p MS: 6:20a (PDT) ft SR: 6:31a SS: 7:58p 5:36a 13.1 H 12:18p 2.5 L 6:50p 12.6 H	MR: 10:00p MS: 6:43a (PDT) ft SR: 6:29a SS: 7:59p 12:23a 7.1 L 6:02a 12.9 H 12:54p 1.8 L 7:41p 12.9 H	MR: 11:09p MS: 7:10a (PDT) ft SR: 6:27a SS: 8:01p 1:04a 8.0 L 6:26a 12.7 H 1:30p 1.5 L 8:30p 13.0 H
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
MR: 12:13a MS: 7:44a (PDT) ft SR: 6:25a SS: 8:02p 1:45a 8.8 L 6:48a 12.4 H 2:05p 1.5 L 9:20p 13.0 H	MR: 1:10a MS: 8:27a (PDT) ft SR: 6:23a SS: 8:04p 2:28a 9.4 L 7:10a 11.9 H 2:41p 1.7 L 10:11p 12.9 H	MR: 1:58a MS: 9:18a (PDT) ft SR: 6:21a SS: 8:05p 3:15a 9.9 L 7:33a 11.5 H 3:17p 2.2 L 11:06p 12.8 H	MR: 2:36a MS: 10:16a (PDT) ft SR: 6:19a SS: 8:07p 4:13a 10.1 L 8:01a 10.9 H 3:57p 2.8 L	MR: 3:06a MS: 11:19a (PDT) ft SR: 6:17a SS: 8:08p 12:05a 12.6 H 5:42a 10.1 L 8:37a 10.3 H 4:43p 3.5 L	MR: 3:31a MS: 12:24p (PDT) ft SR: 6:15a SS: 8:10p 1:03a 12.5 H 7:39a 9.6 L 9:41a 9.6 H 5:38p 4.1 L	MR: 3:50a MS: 1:30p (PDT) ft SR: 6:13a SS: 8:11p 1:54a 12.5 H 8:35a 8.9 L 11:31a 9.1 H 6:44p 4.7 L
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
MR: 4:07a MS: 2:36p (PDT) ft SR: 6:11a SS: 8:13p 2:35a 12.4 H 9:10a 8.0 L 1:31p 9.2 H 7:53p 5.2 L	MR: 4:23a MS: 3:43p (PDT) ft SR: 6:09a SS: 8:14p 3:09a 12.4 H 9:40a 7.0 L 2:55p 9.7 H 8:54p 5.7 L	MR: 4:38a MS: 4:52p (PDT) ft SR: 6:07a SS: 8:16p 3:36a 12.3 H 10:10a 5.8 L 3:59p 10.5 H 9:45p 6.2 L	MR: 4:55a MS: 6:07p (PDT) ft SR: 6:05a SS: 8:17p 4:00a 12.4 H 10:40a 4.6 L 4:55p 11.3 H 10:32p 6.8 L	MR: 5:13a MS: 7:22p (PDT) ft SR: 6:04a SS: 8:19p 4:24a 12.5 H 11:14a 3.3 L 5:47p 12.1 H 11:16p 7.4 L	MR: 5:36a MS: 8:39p (PDT) ft SR: 6:02a SS: 8:20p 4:48a 12.6 H 11:49a 2.0 L 6:38p 12.8 H 11:59p 8.2 L	MR: 6:06a MS: 9:58p (PDT) ft SR: 6:00a SS: 8:22p 5:15a 12.8 H 12:27p 1.0 L 7:30p 13.3 H
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
MR: 6:45a MS: 11:15p (PDT) ft SR: 5:58a SS: 8:23p 12:43a 8.9 L 5:44a 13.0 H 1:08p 0.3 L 8:23p 13.6 H	MR: 7:37a MS: 12:24a (PDT) ft SR: 5:56a SS: 8:25p 1:30a 9.5 L 6:16a 12.9 H 1:51p -0.1 L 9:18p 13.8 H	MR: 8:43a MS: 1:20a (PDT) ft SR: 5:55a SS: 8:26p 2:21a 10.0 L 6:53a 12.7 H 2:37p -0.1 L 10:16p 13.8 H	MR: 9:57a MS: 2:02a (PDT) ft SR: 5:53a SS: 8:28p 3:21a 10.2 L 7:37a 12.1 H 3:26p 0.4 L 11:15p 13.8 H	MR: 11:15a MS: 2:34a (PDT) ft SR: 5:51a SS: 8:29p 4:34a 10.1 L 8:34a 11.3 H 4:19p 1.2 L		



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
dave@sounddivers.com

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High May 27, 10:00p 14.5 ft  
Low May 26, 1:34p -0.9 ft

## May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> MR: 12:33p MS: 2:59a (PDT) ft SR: 5:49a SS: 8:31p 12:11a 13.8 H 6:03a 9.5 L 9:54a 10.4 H 5:18p 2.3 L	<b>2</b> MR: 1:48p MS: 3:18a (PDT) ft SR: 5:48a SS: 8:32p 1:03a 13.7 H 7:25a 8.3 L 11:40a 9.7 H 6:23p 3.5 L
<b>3</b> MR: 3:02p MS: 3:36a (PDT) ft SR: 5:46a SS: 8:34p 1:48a 13.6 H 8:25a 6.9 L 1:26p 9.6 H 7:32p 4.7 L	<b>4</b> MR: 4:14p MS: 3:52a (PDT) ft SR: 5:44a SS: 8:35p 2:29a 13.5 H 9:13a 5.4 L 2:55p 10.1 H 8:38p 5.8 L	<b>5</b> MR: 5:29p MS: 4:08a (PDT) ft SR: 5:43a SS: 8:36p 3:05a 13.2 H 9:55a 4.0 L 4:11p 10.9 H 9:38p 6.9 L	<b>6</b> MR: 6:40p MS: 4:26a (PDT) ft SR: 5:41a SS: 8:38p 3:39a 13.0 H 10:35a 2.8 L 5:16p 11.8 H 10:33p 7.8 L	<b>7</b> MR: 7:50p MS: 4:48a (PDT) ft SR: 5:40a SS: 8:39p 4:09a 12.7 H 11:13a 1.8 L 6:12p 12.5 H 11:22p 8.5 L	<b>8</b> MR: 8:59p MS: 5:13a (PDT) ft SR: 5:38a SS: 8:41p 4:37a 12.5 H 11:49a 1.2 L 7:01p 13.1 H	<b>9</b> MR: 10:05p MS: 5:45a (PDT) ft SR: 5:37a SS: 8:42p 12:08a 9.1 L 5:03a 12.3 H 12:25p 0.9 L 7:46p 13.4 H
<b>10</b> MR: 11:05p MS: 6:25a (PDT) ft SR: 5:35a SS: 8:44p 12:52a 9.6 L 5:28a 12.1 H 1:00p 0.9 L 8:28p 13.6 H	<b>11</b> MR: 11:56p MS: 7:14a (PDT) ft SR: 5:34a SS: 8:45p 1:34a 9.9 L 5:53a 11.8 H 1:34p 1.0 L 9:10p 13.6 H	<b>12</b> MR: 12:37a MS: 8:11a (PDT) ft SR: 5:32a SS: 8:46p 2:18a 10.0 L 6:21a 11.5 H 2:09p 1.4 L 9:52p 13.5 H	<b>13</b> MR: 1:10a MS: 9:12a (PDT) ft SR: 5:31a SS: 8:48p 3:07a 10.1 L 6:52a 11.0 H 2:44p 1.9 L 10:35p 13.3 H	<b>14</b> MR: 1:35a MS: 10:16a (PDT) ft SR: 5:30a SS: 8:49p 4:07a 9.9 L 7:30a 10.5 H 3:20p 2.5 L 11:18p 13.2 H	<b>15</b> MR: 1:56a MS: 11:21a (PDT) ft SR: 5:28a SS: 8:50p 5:23a 9.6 L 8:22a 9.8 H 4:00p 3.3 L	<b>16</b> MR: 2:14a MS: 12:27p (PDT) ft SR: 5:27a SS: 8:52p 12:00a 13.0 H 6:44a 8.9 L 9:41a 9.2 H 4:44p 4.1 L
<b>17</b> MR: 2:29a MS: 1:32p (PDT) ft SR: 5:26a SS: 8:53p 12:38a 12.9 H 7:37a 8.0 L 11:24a 8.7 H 5:36p 5.1 L	<b>18</b> MR: 2:44a MS: 2:39p (PDT) ft SR: 5:25a SS: 8:54p 1:12a 12.7 H 8:15a 6.9 L 1:10p 8.9 H 6:40p 6.2 L	<b>19</b> MR: 3:00a MS: 3:47p (PDT) ft SR: 5:23a SS: 8:56p 1:42a 12.6 H 8:49a 5.7 L 2:40p 9.6 H 7:49p 7.2 L	<b>20</b> MR: 3:17a MS: 5:03p (PDT) ft SR: 5:22a SS: 8:57p 2:11a 12.5 H 9:23a 4.3 L 3:53p 10.6 H 8:56p 8.0 L	<b>21</b> MR: 3:38a MS: 6:19p (PDT) ft SR: 5:21a SS: 8:58p 2:40a 12.5 H 4:07a 9.9 L 9:59a 3.0 L 4:55p 11.6 H 9:55p 8.7 L	<b>22</b> MR: 4:05a MS: 7:38p (PDT) ft SR: 5:20a SS: 8:59p 3:10a 12.6 H 10:38a 1.7 L 5:51p 12.6 H 10:48p 9.4 L	<b>23</b> MR: 4:40a MS: 8:57p (PDT) ft SR: 5:19a SS: 9:01p 3:43a 12.8 H 11:19a 0.5 L 6:43p 13.4 H 11:39p 9.8 L
<b>24</b> MR: 5:29a MS: 10:11p (PDT) ft SR: 5:18a SS: 9:02p 4:20a 13.0 H 12:02p -0.3 L 7:34p 13.9 H	<b>25</b> MR: 6:32a MS: 11:13p (PDT) ft SR: 5:17a SS: 9:03p 12:29a 10.2 L 5:00a 13.1 H 12:48p -0.8 L 8:23p 14.2 H	<b>26</b> MR: 7:46a MS: 12:02a (PDT) ft SR: 5:16a SS: 9:04p 1:21a 10.3 L 5:46a 13.0 H 1:34p -0.9 L 9:13p 14.4 H	<b>27</b> MR: 9:06a MS: 12:38a (PDT) ft SR: 5:15a SS: 9:05p 2:18a 10.3 L 6:38a 12.5 H 2:22p -0.5 L 10:00p 14.5 H	<b>28</b> MR: 10:26a MS: 1:05a (PDT) ft SR: 5:14a SS: 9:06p 3:22a 9.9 L 7:39a 11.7 H 3:10p 0.3 L 10:47p 14.5 H	<b>29</b> MR: 11:44a MS: 1:26a (PDT) ft SR: 5:14a SS: 9:07p 4:34a 9.2 L 8:53a 10.8 H 3:59p 1.6 L 11:31p 14.4 H	<b>30</b> MR: 12:59p MS: 1:44a (PDT) ft SR: 5:13a SS: 9:08p 5:50a 8.0 L 10:19a 9.9 H 4:52p 3.1 L
<b>31</b> MR: 2:11p MS: 2:01a (PDT) ft SR: 5:12a SS: 9:09p 12:12a 14.2 H 6:57a 6.6 L 11:56a 9.4 H 5:49p 4.8 L						



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High June 25, 9:29p 14.8 ft  
Low June 23, 12:33p -1.1 ft

## June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> MR: 3:21p MS: 2:17a (PDT) ft SR: 5:11a SS: 9:10p 12:52a 13.9 H 7:53a 5.1 L 1:36p 9.5 H 6:54p 6.5 L	<b>2</b> MR: 4:31p MS: 2:35a (PDT) ft SR: 5:11a SS: 9:11p 1:29a 13.5 H 8:41a 3.8 L 3:11p 10.3 H 8:04p 7.9 L	<b>3</b> MR: 5:45p MS: 2:55a (PDT) ft SR: 5:10a SS: 9:12p 2:05a 13.1 H 9:25a 2.7 L 4:31p 11.3 H 9:13p 8.9 L	<b>4</b> MR: 6:54p MS: 3:19a (PDT) ft SR: 5:10a SS: 9:13p 2:39a 12.7 H 10:06a 1.9 L 5:32p 12.3 H 10:15p 9.6 L	<b>5</b> MR: 8:00p MS: 3:49a (PDT) ft SR: 5:09a SS: 9:14p 3:12a 12.3 H 10:46a 1.3 L 6:21p 13.0 H 11:10p 10.0 L	<b>6</b> MR: 9:01p MS: 4:26a (PDT) ft SR: 5:09a SS: 9:15p 3:43a 12.1 H 11:25a 1.0 L 7:03p 13.4 H 11:57p 10.2 L
<b>7</b> MR: 9:54p MS: 5:13a (PDT) ft SR: 5:08a SS: 9:16p 4:15a 11.9 H 12:02p 0.9 L 7:41p 13.6 H	<b>8</b> MR: 10:38p MS: 6:07a (PDT) ft SR: 5:08a SS: 9:16p 12:41a 10.3 L 4:48a 11.8 H 12:38p 1.0 L 8:17p 13.7 H	<b>9</b> MR: 11:13p MS: 7:08a (PDT) ft SR: 5:08a SS: 9:17p 1:22a 10.2 L 5:23a 11.6 H 1:13p 1.1 L 8:52p 13.7 H	<b>10</b> MR: 11:40p MS: 8:11a (PDT) ft SR: 5:07a SS: 9:18p 2:04a 10.1 L 6:01a 11.4 H 1:46p 1.4 L 9:26p 13.6 H	<b>11</b> MR: 12:02a MS: 9:16a (PDT) ft SR: 5:07a SS: 9:18p 2:50a 9.9 L 6:43a 10.9 H 2:19p 1.9 L 9:59p 13.6 H	<b>12</b> MR: 12:21a MS: 10:21a (PDT) ft SR: 5:07a SS: 9:19p 3:42a 9.5 L 7:32a 10.4 H 2:51p 2.6 L 10:30p 13.5 H	<b>13</b> MR: 12:37a MS: 11:25a (PDT) ft SR: 5:07a SS: 9:19p 4:37a 8.9 L 8:32a 9.8 H 3:26p 3.4 L 10:59p 13.4 H
<b>14</b> MR: 12:52a MS: 12:30p (PDT) ft SR: 5:07a SS: 9:20p 5:32a 8.1 L 9:46a 9.2 H 4:04p 4.5 L 11:27p 13.2 H	<b>15</b> MR: 1:07a MS: 1:37p (PDT) ft SR: 5:07a SS: 9:20p 6:22a 7.0 L 11:12a 8.9 H 4:48p 5.8 L 11:54p 13.1 H	<b>16</b> MR: 1:23a MS: 2:45p (PDT) ft SR: 5:07a SS: 9:21p 7:07a 5.9 L 12:47p 9.2 H 5:43p 7.2 L	<b>17</b> MR: 1:41a MS: 3:57p (PDT) ft SR: 5:07a SS: 9:21p 12:23a 12.9 H 7:50a 4.6 L 2:25p 9.9 H 6:53p 8.5 L	<b>18</b> MR: 2:05a MS: 5:17p (PDT) ft SR: 5:07a SS: 9:22p 12:53a 12.8 H 8:34a 3.3 L 3:50p 11.0 H 8:11p 9.5 L	<b>19</b> MR: 2:36a MS: 6:34p (PDT) ft SR: 5:07a SS: 9:22p 1:28a 12.8 H 9:20a 2.0 L 4:57p 12.1 H 9:22p 10.2 L	<b>20</b> MR: 3:18a MS: 7:51p (PDT) ft SR: 5:07a SS: 9:22p 2:08a 13.0 H 10:07a 0.9 L 5:52p 13.0 H 10:25p 10.6 L
<b>21</b> MR: 4:15a MS: 8:59p (PDT) ft SR: 5:07a SS: 9:22p 2:55a 13.1 H 10:56a -0.1 L 6:41p 13.7 H 11:21p 10.7 L	<b>22</b> MR: 5:26a MS: 9:55p (PDT) ft SR: 5:08a SS: 9:22p 3:47a 13.3 H 11:45a -0.8 L 7:26p 14.2 H	<b>23</b> MR: 6:47a MS: 10:36p (PDT) ft SR: 5:08a SS: 9:23p 12:16a 10.6 L 4:43a 13.3 H 12:33p -1.1 L 8:09p 14.5 H	<b>24</b> MR: 8:10a MS: 11:08p (PDT) ft SR: 5:08a SS: 9:23p 1:11a 10.3 L 5:43a 13.0 H 1:20p -0.9 L 8:50p 14.7 H	<b>25</b> MR: 9:32a MS: 11:32p (PDT) ft SR: 5:09a SS: 9:23p 2:09a 9.7 L 6:47a 12.4 H 2:06p -0.2 L 9:29p 14.8 H	<b>26</b> MR: 10:50a MS: 11:51p (PDT) ft SR: 5:09a SS: 9:23p 3:10a 8.8 L 7:55a 11.6 H 2:51p 1.0 L 10:07p 14.8 H	<b>27</b> MR: 12:05p MS: 12:09a (PDT) ft SR: 5:10a SS: 9:23p 4:13a 7.7 L 9:08a 10.7 H 3:36p 2.6 L 10:43p 14.6 H
<b>28</b> MR: 1:17p MS: 12:26a (PDT) ft SR: 5:10a SS: 9:22p 5:16a 6.4 L 10:27a 10.0 H 4:23p 4.5 L 11:19p 14.3 H	<b>29</b> MR: 2:28p MS: 12:43a (PDT) ft SR: 5:11a SS: 9:22p 6:16a 5.1 L 11:57a 9.7 H 5:15p 6.4 L 11:54p 13.8 H	<b>30</b> MR: 3:38p MS: 1:03a (PDT) ft SR: 5:11a SS: 9:22p 7:12a 4.0 L 1:41p 10.0 H 6:18p 8.1 L				



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
www.sounddivers.com  
dave@sounddivers.com

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High July 24, 8:46p 14.6 ft  
Low July 22, 12:18p -0.5 ft

## July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> MR: 4:47p MS: 1:26a (PDT) ft SR: 5:12a SS: 9:22p 12:29a 13.3 H 8:03a 3.1 L 3:21p 10.9 H 7:35p 9.4 L	<b>2</b> MR: 5:57p MS: 1:54a (PDT) ft SR: 5:13a SS: 9:21p 1:05a 12.7 H 8:52a 2.4 L 4:35p 11.8 H 8:55p 10.2 L	<b>3</b> MR: 6:59p MS: 2:30a (PDT) ft SR: 5:13a SS: 9:21p 1:42a 12.2 H 9:38a 2.0 L 5:29p 12.6 H 10:04p 10.5 L	<b>4</b> MR: 7:54p MS: 3:14a (PDT) ft SR: 5:14a SS: 9:21p 2:23a 11.9 H 10:23a 1.7 L 6:11p 13.1 H 11:00p 10.5 L
<b>5</b> MR: 8:40p MS: 4:06a (PDT) ft SR: 5:15a SS: 9:20p 3:07a 11.8 H 11:05a 1.5 L 6:49p 13.3 H 11:45p 10.4 L	<b>6</b> MR: 9:17p MS: 5:05a (PDT) ft SR: 5:16a SS: 9:20p 3:53a 11.7 H 11:44a 1.4 L 7:22p 13.4 H	<b>7</b> MR: 9:46p MS: 6:08a (PDT) ft SR: 5:17a SS: 9:19p 12:24a 10.2 L 4:38a 11.7 H 12:21p 1.4 L 7:54p 13.5 H	<b>8</b> MR: 10:09p MS: 7:12a (PDT) ft SR: 5:17a SS: 9:19p 1:02a 10.0 L 5:22a 11.7 H 12:54p 1.5 L 8:23p 13.5 H	<b>9</b> MR: 10:28p MS: 8:17a (PDT) ft SR: 5:18a SS: 9:18p 1:42a 9.6 L 6:06a 11.4 H 1:25p 1.8 L 8:49p 13.5 H	<b>10</b> MR: 10:45p MS: 9:22a (PDT) ft SR: 5:19a SS: 9:17p 2:23a 9.1 L 6:52a 11.0 H 1:55p 2.3 L 9:14p 13.6 H	<b>11</b> MR: 11:00p MS: 10:26a (PDT) ft SR: 5:20a SS: 9:17p 3:06a 8.5 L 7:43a 10.6 H 2:25p 3.1 L 9:37p 13.6 H
<b>12</b> MR: 11:15p MS: 11:31a (PDT) ft SR: 5:21a SS: 9:16p 3:49a 7.7 L 8:40a 10.1 H 2:57p 4.1 L 10:00p 13.5 H	<b>13</b> MR: 11:30p MS: 12:38p (PDT) ft SR: 5:22a SS: 9:15p 4:33a 6.8 L 9:45a 9.7 H 3:32p 5.4 L 10:23p 13.4 H	<b>14</b> MR: 11:48p MS: 1:47p (PDT) ft SR: 5:23a SS: 9:14p 5:18a 5.8 L 10:59a 9.6 H 4:14p 6.8 L 10:49p 13.2 H	<b>15</b> MR: 12:09a MS: 2:59p (PDT) ft SR: 5:24a SS: 9:13p 6:05a 4.8 L 12:27p 9.8 H 5:07p 8.3 L 11:17p 13.0 H	<b>16</b> MR: 12:36a MS: 4:13p (PDT) ft SR: 5:26a SS: 9:12p 6:56a 3.7 L 2:16p 10.5 H 6:15p 9.5 L 11:52p 12.9 H	<b>17</b> MR: 1:12a MS: 5:32p (PDT) ft SR: 5:27a SS: 9:11p 7:51a 2.7 L 3:48p 11.5 H 7:39p 10.4 L	<b>18</b> MR: 2:01a MS: 6:42p (PDT) ft SR: 5:28a SS: 9:10p 12:36a 12.9 H 2:16p 10.5 H 4:51p 12.4 H 9:01p 10.9 L
<b>19</b> MR: 3:06a MS: 7:43p (PDT) ft SR: 5:29a SS: 9:09p 1:30a 13.0 H 9:45a 0.7 L 5:40p 13.2 H 10:10p 10.9 L	<b>20</b> MR: 4:22a MS: 8:30p (PDT) ft SR: 5:30a SS: 9:08p 2:34a 13.1 H 10:39a -0.1 L 6:23p 13.7 H 11:09p 10.6 L	<b>21</b> MR: 5:46a MS: 9:06p (PDT) ft SR: 5:31a SS: 9:07p 3:42a 13.2 H 11:30a -0.5 L 7:02p 14.1 H	<b>22</b> MR: 7:10a MS: 9:33p (PDT) ft SR: 5:33a SS: 9:06p 12:03a 10.0 L 4:50a 13.2 H 12:18p -0.5 L 7:39p 14.3 H	<b>23</b> MR: 8:32a MS: 9:56p (PDT) ft SR: 5:34a SS: 9:05p 12:57a 9.1 L 5:56a 12.9 H 1:03p 0.0 L 8:13p 14.5 H	<b>24</b> MR: 9:51a MS: 10:14p (PDT) ft SR: 5:35a SS: 9:04p 1:52a 8.1 L 7:00a 12.4 H 1:46p 1.0 L 8:46p 14.6 H	<b>25</b> MR: 11:06a MS: 10:32p (PDT) ft SR: 5:36a SS: 9:02p 2:46a 6.9 L 8:04a 11.7 H 2:28p 2.5 L 9:19p 14.6 H
<b>26</b> MR: 12:20p MS: 10:50p (PDT) ft SR: 5:38a SS: 9:01p 3:40a 5.8 L 9:11a 11.0 H 3:10p 4.3 L 9:51p 14.3 H	<b>27</b> MR: 1:32p MS: 11:10p (PDT) ft SR: 5:39a SS: 9:00p 4:34a 4.8 L 10:24a 10.5 H 3:54p 6.2 L 10:22p 13.9 H	<b>28</b> MR: 2:42p MS: 11:32p (PDT) ft SR: 5:40a SS: 8:58p 5:29a 4.0 L 11:51a 10.3 H 4:44p 7.9 L 10:54p 13.3 H	<b>29</b> MR: 3:49p MS: 11:59p (PDT) ft SR: 5:42a SS: 8:57p 6:23a 3.4 L 1:37p 10.7 H 5:48p 9.3 L 11:27p 12.7 H	<b>30</b> MR: 4:52p MS: 12:33a (PDT) ft SR: 5:43a SS: 8:56p 7:19a 3.1 L 3:09p 11.4 H 7:16p 10.2 L	<b>31</b> MR: 5:53p MS: 1:15a (PDT) ft SR: 5:44a SS: 8:54p 12:05a 12.1 H 8:15a 2.8 L 4:15p 12.1 H 8:48p 10.5 L	



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
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dave@sounddivers.com

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High August 22, 7:55p 14.2 ft  
Low August 19, 11:13a 0.6 ft

## August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> MR: 6:41p MS: 2:05a (PDT) ft SR: 5:46a SS: 8:53p 12:53a 11.6 H 9:10a 2.6 L 5:04p 12.6 H 9:57p 10.4 L
<b>2</b> MR: 7:20p MS: 3:03a (PDT) ft SR: 5:47a SS: 8:51p 1:55a 11.4 H 10:00a 2.4 L 5:44p 12.9 H 10:46p 10.2 L	<b>3</b> MR: 7:51p MS: 4:05a (PDT) ft SR: 5:48a SS: 8:50p 3:01a 11.4 H 10:45a 2.2 L 6:19p 13.0 H 11:26p 9.9 L	<b>4</b> MR: 8:16p MS: 5:09a (PDT) ft SR: 5:50a SS: 8:48p 3:56a 11.6 H 11:25a 2.0 L 6:49p 13.1 H	<b>5</b> MR: 8:36p MS: 6:14a (PDT) ft SR: 5:51a SS: 8:46p 12:02a 9.5 L 4:45a 11.7 H 12:00p 2.0 L 7:16p 13.1 H	<b>6</b> MR: 8:53p MS: 7:19a (PDT) ft SR: 5:52a SS: 8:45p 12:37a 9.0 L 5:29a 11.7 H 12:31p 2.2 L 7:39p 13.2 H	<b>7</b> MR: 9:09p MS: 8:24a (PDT) ft SR: 5:54a SS: 8:43p 1:13a 8.4 L 6:14a 11.5 H 1:00p 2.7 L 8:00p 13.3 H	<b>8</b> MR: 9:24p MS: 9:29a (PDT) ft SR: 5:55a SS: 8:42p 1:49a 7.7 L 6:59a 11.3 H 1:29p 3.4 L 8:19p 13.3 H
<b>9</b> MR: 9:39p MS: 10:35a (PDT) ft SR: 5:57a SS: 8:40p 2:26a 6.9 L 7:48a 11.0 H 1:59p 4.3 L 8:39p 13.4 H	<b>10</b> MR: 9:56p MS: 11:43a (PDT) ft SR: 5:58a SS: 8:38p 3:04a 6.0 L 8:42a 10.7 H 2:32p 5.5 L 9:00p 13.3 H	<b>11</b> MR: 10:16p MS: 12:53p (PDT) ft SR: 5:59a SS: 8:36p 3:44a 5.2 L 9:41a 10.5 H 3:09p 6.8 L 9:23p 13.2 H	<b>12</b> MR: 10:40p MS: 2:05p (PDT) ft SR: 6:01a SS: 8:35p 4:27a 4.4 L 10:50a 10.5 H 3:53p 8.1 L 9:50p 13.0 H	<b>13</b> MR: 11:13p MS: 3:18p (PDT) ft SR: 6:02a SS: 8:33p 5:15a 3.6 L 12:19p 10.7 H 4:48p 9.3 L 10:22p 12.8 H	<b>14</b> MR: 11:56p MS: 4:27p (PDT) ft SR: 6:04a SS: 8:31p 6:12a 3.0 L 2:11p 11.2 H 6:00p 10.3 L 11:05p 12.6 H	<b>15</b> MR: 12:53a MS: 5:33p (PDT) ft SR: 6:05a SS: 8:29p 7:16a 2.4 L 3:32p 12.0 H 7:32p 10.8 L
<b>16</b> MR: 2:03a MS: 6:24p (PDT) ft SR: 6:07a SS: 8:27p 12:04a 12.5 H 8:23a 1.7 L 4:28p 12.6 H 8:59p 10.7 L	<b>17</b> MR: 3:22a MS: 7:03p (PDT) ft SR: 6:08a SS: 8:26p 1:18a 12.5 H 9:26a 1.1 L 5:11p 13.1 H 10:04p 10.2 L	<b>18</b> MR: 4:45a MS: 7:33p (PDT) ft SR: 6:09a SS: 8:24p 2:42a 12.6 H 10:23a 0.7 L 5:49p 13.5 H 10:59p 9.3 L	<b>19</b> MR: 6:08a MS: 7:57p (PDT) ft SR: 6:11a SS: 8:22p 3:58a 12.8 H 11:13a 0.6 L 6:22p 13.8 H 11:50p 8.3 L	<b>20</b> MR: 7:29a MS: 8:18p (PDT) ft SR: 6:12a SS: 8:20p 5:05a 12.8 H 11:59a 1.0 L 6:54p 14.0 H	<b>21</b> MR: 8:48a MS: 8:37p (PDT) ft SR: 6:14a SS: 8:18p 12:39a 7.1 L 6:07a 12.7 H 12:42p 1.9 L 7:25p 14.2 H	<b>22</b> MR: 10:04a MS: 8:55p (PDT) ft SR: 6:15a SS: 8:16p 1:28a 5.8 L 7:07a 12.4 H 1:24p 3.2 L 7:55p 14.2 H
<b>23</b> MR: 11:19a MS: 9:15p (PDT) ft SR: 6:17a SS: 8:14p 2:15a 4.7 L 8:07a 12.0 H 2:04p 4.7 L 8:25p 14.0 H	<b>24</b> MR: 12:31p MS: 9:37p (PDT) ft SR: 6:18a SS: 8:12p 3:02a 3.8 L 9:09a 11.6 H 2:46p 6.3 L 8:54p 13.6 H	<b>25</b> MR: 1:42p MS: 10:03p (PDT) ft SR: 6:19a SS: 8:10p 3:49a 3.3 L 10:18a 11.3 H 3:30p 7.8 L 9:22p 13.1 H	<b>26</b> MR: 2:47p MS: 10:36p (PDT) ft SR: 6:21a SS: 8:08p 4:37a 3.1 L 11:39a 11.2 H 4:22p 9.1 L 9:51p 12.4 H	<b>27</b> MR: 3:46p MS: 11:16p (PDT) ft SR: 6:22a SS: 8:06p 5:29a 3.2 L 1:13p 11.4 H 5:31p 10.0 L 10:24p 11.8 H	<b>28</b> MR: 4:37p MS: 12:04a (PDT) ft SR: 6:24a SS: 8:04p 6:27a 3.4 L 2:32p 11.8 H 7:17p 10.4 L 11:08p 11.2 H	<b>29</b> MR: 5:22p MS: 1:00a (PDT) ft SR: 6:25a SS: 8:02p 7:32a 3.5 L 3:33p 12.2 H 8:50p 10.2 L
<b>30</b> MR: 5:55p MS: 2:01a (PDT) ft SR: 6:27a SS: 8:00p 12:18a 10.8 H 8:35a 3.5 L 4:21p 12.4 H 9:46p 9.8 L	<b>31</b> MR: 6:21p MS: 3:04a (PDT) ft SR: 6:28a SS: 7:58p 1:52a 10.7 H 9:31a 3.3 L 5:00p 12.6 H 10:27p 9.3 L					



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P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
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# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High September 19, 6:30p 13.6 ft  
Low September 15, 9:04a 2.2 ft

## September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> MR: 6:43p MS: 4:09a (PDT) ft SR: 6:29a SS: 7:56p 3:05a 11.0 H 10:17a 3.1 L 5:32p 12.6 H 11:02p 8.7 L	<b>2</b> MR: 7:01p MS: 5:14a (PDT) ft SR: 6:31a SS: 7:54p 4:00a 11.3 H 10:57a 3.1 L 5:59p 12.7 H 11:34p 8.1 L	<b>3</b> MR: 7:17p MS: 6:20a (PDT) ft SR: 6:32a SS: 7:52p 4:47a 11.6 H 11:31a 3.3 L 6:21p 12.7 H	<b>4</b> MR: 7:32p MS: 7:25a (PDT) ft SR: 6:34a SS: 7:50p 12:07a 7.3 L 5:32a 11.7 H 12:02p 3.7 L 6:41p 12.8 H	<b>5</b> MR: 7:48p MS: 8:31a (PDT) ft SR: 6:35a SS: 7:47p 12:39a 6.5 L 6:17a 11.8 H 12:32p 4.3 L 6:59p 12.9 H
<b>6</b> MR: 8:04p MS: 9:39a (PDT) ft SR: 6:37a SS: 7:45p 1:13a 5.6 L 7:03a 11.8 H 1:03p 5.1 L 7:18p 13.0 H	<b>7</b> MR: 8:24p MS: 10:49a (PDT) ft SR: 6:38a SS: 7:43p 1:47a 4.7 L 7:51a 11.7 H 1:37p 6.1 L 7:38p 13.0 H	<b>8</b> MR: 8:47p MS: 12:01p (PDT) ft SR: 6:39a SS: 7:41p 2:23a 3.9 L 8:43a 11.7 H 2:14p 7.2 L 8:00p 12.9 H	<b>9</b> MR: 9:18p MS: 1:13p (PDT) ft SR: 6:41a SS: 7:39p 3:03a 3.3 L 9:41a 11.6 H 2:56p 8.3 L 8:25p 12.8 H	<b>10</b> MR: 9:57p MS: 2:23p (PDT) ft SR: 6:42a SS: 7:37p 3:47a 2.8 L 10:50a 11.6 H 3:45p 9.3 L 8:55p 12.6 H	<b>11</b> MR: 10:49p MS: 3:25p (PDT) ft SR: 6:44a SS: 7:35p 4:37a 2.6 L 12:18p 11.7 H 4:47p 10.2 L 9:35p 12.3 H	<b>12</b> MR: 11:53p MS: 4:17p (PDT) ft SR: 6:45a SS: 7:33p 5:37a 2.5 L 1:50p 12.1 H 6:13p 10.6 L 10:34p 11.9 H
<b>13</b> MR: 1:07a MS: 5:02p (PDT) ft SR: 6:47a SS: 7:31p 6:46a 2.4 L 2:56p 12.5 H 7:52p 10.3 L 11:58p 11.6 H	<b>14</b> MR: 2:27a MS: 5:34p (PDT) ft SR: 6:48a SS: 7:28p 7:58a 2.3 L 3:45p 12.9 H 9:05p 9.6 L	<b>15</b> MR: 3:48a MS: 6:00p (PDT) ft SR: 6:49a SS: 7:26p 1:39a 11.5 H 9:04a 2.2 L 4:25p 13.2 H 10:00p 8.5 L	<b>16</b> MR: 5:08a MS: 6:21p (PDT) ft SR: 6:51a SS: 7:24p 3:06a 11.8 H 10:01a 2.3 L 4:59p 13.4 H 10:48p 7.2 L	<b>17</b> MR: 6:26a MS: 6:40p (PDT) ft SR: 6:52a SS: 7:22p 4:16a 12.2 H 10:51a 2.7 L 5:31p 13.5 H 11:33p 5.8 L	<b>18</b> MR: 7:44a MS: 6:59p (PDT) ft SR: 6:54a SS: 7:20p 5:19a 12.5 H 11:37a 3.5 L 6:01p 13.6 H	<b>19</b> MR: 9:00a MS: 7:18p (PDT) ft SR: 6:55a SS: 7:18p 12:17a 4.5 L 6:17a 12.7 H 12:20p 4.6 L 6:30p 13.6 H
<b>20</b> MR: 10:15a MS: 7:40p (PDT) ft SR: 6:57a SS: 7:16p 12:59a 3.3 L 7:14a 12.8 H 1:02p 5.9 L 6:59p 13.5 H	<b>21</b> MR: 11:28a MS: 8:06p (PDT) ft SR: 6:58a SS: 7:13p 1:41a 2.6 L 8:10a 12.7 H 1:44p 7.1 L 7:26p 13.2 H	<b>22</b> MR: 12:37p MS: 8:37p (PDT) ft SR: 7:00a SS: 7:11p 2:22a 2.2 L 9:08a 12.6 H 2:27p 8.3 L 7:52p 12.7 H	<b>23</b> MR: 1:40p MS: 9:15p (PDT) ft SR: 7:01a SS: 7:09p 3:03a 2.2 L 10:09a 12.4 H 3:15p 9.2 L 8:18p 12.2 H	<b>24</b> MR: 2:34p MS: 10:02p (PDT) ft SR: 7:02a SS: 7:07p 3:46a 2.5 L 11:18a 12.3 H 4:11p 9.9 L 8:46p 11.5 H	<b>25</b> MR: 3:18p MS: 10:56p (PDT) ft SR: 7:04a SS: 7:05p 4:32a 3.0 L 12:32p 12.3 H 5:35p 10.2 L 9:21p 10.9 H	<b>26</b> MR: 3:54p MS: 11:55p (PDT) ft SR: 7:05a SS: 7:03p 5:27a 3.6 L 1:40p 12.3 H 7:33p 10.0 L 10:17p 10.2 H
<b>27</b> MR: 4:22p MS: 12:58a (PDT) ft SR: 7:07a SS: 7:01p 6:32a 4.1 L 2:36p 12.4 H 8:45p 9.5 L 11:59p 9.8 H	<b>28</b> MR: 4:48p MS: 2:02a (PDT) ft SR: 7:08a SS: 6:58p 7:43a 4.4 L 3:21p 12.4 H 9:27p 8.8 L	<b>29</b> MR: 5:07p MS: 3:07a (PDT) ft SR: 7:10a SS: 6:56p 1:50a 9.9 H 8:44a 4.5 L 3:58p 12.4 H 10:01p 8.0 L	<b>30</b> MR: 5:24p MS: 4:12a (PDT) ft SR: 7:11a SS: 6:54p 3:02a 10.4 H 9:35a 4.6 L 4:28p 12.4 H 10:32p 7.2 L			



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
www.sounddivers.com  
dave@sounddivers.com

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High October 20, 8:14a 13.7 ft  
Low October 20, 1:08a 1.1 ft

## October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> MR: 5:40p MS: 5:17a (PDT) ft SR: 7:13a SS: 6:52p 3:58a 10.9 H 10:18a 4.9 L 4:53p 12.4 H 11:02p 6.2 L	<b>2</b> MR: 5:55p MS: 6:24a (PDT) ft SR: 7:14a SS: 6:50p 4:48a 11.4 H 10:55a 5.3 L 5:14p 12.5 H 11:32p 5.2 L	<b>3</b> MR: 6:12p MS: 7:32a (PDT) ft SR: 7:16a SS: 6:48p 5:35a 11.9 H 11:31a 5.8 L 5:33p 12.5 H
<b>4</b> MR: 6:31p MS: 8:43a (PDT) ft SR: 7:17a SS: 6:46p 12:03a 4.2 L 6:21a 12.3 H 12:06p 6.6 L 5:53p 12.7 H	<b>5</b> MR: 6:54p MS: 9:55a (PDT) ft SR: 7:19a SS: 6:44p 12:36a 3.3 L 7:07a 12.6 H 12:42p 7.4 L 6:14p 12.8 H	<b>6</b> MR: 7:23p MS: 11:09a (PDT) ft SR: 7:20a SS: 6:42p 1:11a 2.5 L 7:56a 12.8 H 1:21p 8.2 L 6:37p 12.8 H	<b>7</b> MR: 8:01p MS: 12:20p (PDT) ft SR: 7:22a SS: 6:40p 1:49a 1.9 L 8:48a 12.9 H 2:03p 9.0 L 7:02p 12.7 H	<b>8</b> MR: 8:50p MS: 1:25p (PDT) ft SR: 7:23a SS: 6:38p 2:30a 1.6 L 9:46a 12.9 H 2:52p 9.7 L 7:33p 12.5 H	<b>9</b> MR: 9:52p MS: 2:19p (PDT) ft SR: 7:25a SS: 6:35p 3:16a 1.5 L 10:52a 12.9 H 3:51p 10.3 L 8:11p 12.1 H	<b>10</b> MR: 11:03p MS: 3:02p (PDT) ft SR: 7:26a SS: 6:33p 4:08a 1.8 L 12:05p 13.0 H 5:07p 10.4 L 9:06p 11.5 H
<b>11</b> MR: 12:19a MS: 3:39p (PDT) ft SR: 7:28a SS: 6:31p 5:07a 2.3 L 1:11p 13.1 H 6:46p 10.0 L 10:32p 10.8 H	<b>12</b> MR: 1:37a MS: 4:05p (PDT) ft SR: 7:29a SS: 6:29p 6:16a 2.8 L 2:06p 13.2 H 8:06p 9.0 L	<b>13</b> MR: 2:55a MS: 4:26p (PDT) ft SR: 7:31a SS: 6:27p 12:26a 10.4 H 7:28a 3.5 L 2:50p 13.3 H 9:01p 7.6 L	<b>14</b> MR: 4:11a MS: 4:46p (PDT) ft SR: 7:32a SS: 6:25p 2:08a 10.6 H 8:35a 4.1 L 3:28p 13.4 H 9:47p 6.1 L	<b>15</b> MR: 5:27a MS: 5:04p (PDT) ft SR: 7:34a SS: 6:23p 3:27a 11.3 H 9:35a 4.8 L 4:02p 13.4 H 10:30p 4.6 L	<b>16</b> MR: 6:42a MS: 5:23p (PDT) ft SR: 7:35a SS: 6:21p 4:34a 12.0 H 10:52a 5.7 L 4:34p 13.4 H 11:11p 3.3 L	<b>17</b> MR: 7:57a MS: 5:43p (PDT) ft SR: 7:37a SS: 6:20p 5:34a 12.6 H 11:16a 6.6 L 5:04p 13.3 H 11:51p 2.2 L
<b>18</b> MR: 9:11a MS: 6:07p (PDT) ft SR: 7:39a SS: 6:18p 6:30a 13.2 H 12:02p 7.6 L 5:33p 13.1 H	<b>19</b> MR: 10:23a MS: 6:37p (PDT) ft SR: 7:40a SS: 6:16p 12:30a 1.5 L 7:23a 13.5 H 12:47p 8.4 L 6:00p 12.9 H	<b>20</b> MR: 11:29a MS: 7:13p (PDT) ft SR: 7:42a SS: 6:14p 1:08a 1.1 L 8:14a 13.7 H 1:31p 9.2 L 6:25p 12.5 H	<b>21</b> MR: 12:27p MS: 7:57p (PDT) ft SR: 7:43a SS: 6:12p 1:45a 1.2 L 9:04a 13.7 H 2:17p 9.7 L 6:50p 12.1 H	<b>22</b> MR: 1:16p MS: 8:50p (PDT) ft SR: 7:45a SS: 6:10p 2:23a 1.6 L 9:56a 13.5 H 3:08p 10.1 L 7:16p 11.5 H	<b>23</b> MR: 1:54p MS: 9:48p (PDT) ft SR: 7:46a SS: 6:08p 3:01a 2.2 L 10:49a 13.4 H 4:12p 10.2 L 7:45p 10.9 H	<b>24</b> MR: 2:25p MS: 10:51p (PDT) ft SR: 7:48a SS: 6:06p 3:41a 2.9 L 11:44a 13.2 H 5:47p 10.1 L 8:26p 10.2 H
<b>25</b> MR: 1:53p MS: 10:54p (PST) ft SR: 6:50a SS: 5:05p 3:26a 3.7 L 11:38a 13.0 H 6:29p 9.4 L 8:42p 9.5 H	<b>26</b> MR: 2:13p MS: 11:59p (PST) ft SR: 6:51a SS: 5:03p 4:20a 4.5 L 12:27p 12.9 H 7:21p 8.6 L 10:44p 9.1 H	<b>27</b> MR: 2:30p MS: 1:03a (PST) ft SR: 6:53a SS: 5:01p 5:25a 5.3 L 1:08p 12.8 H 7:55p 7.7 L	<b>28</b> MR: 2:46p MS: 2:07a (PST) ft SR: 6:54a SS: 4:59p 12:37a 9.3 H 6:34a 5.9 L 1:42p 12.6 H 8:25p 6.7 L	<b>29</b> MR: 3:02p MS: 3:13a (PST) ft SR: 6:56a SS: 4:58p 1:55a 9.9 H 7:36a 6.5 L 2:10p 12.5 H 8:54p 5.6 L	<b>30</b> MR: 3:18p MS: 4:20a (PST) ft SR: 6:58a SS: 4:56p 2:57a 10.7 H 8:30a 7.1 L 2:34p 12.5 H 9:24p 4.4 L	<b>31</b> MR: 3:36p MS: 5:30a (PST) ft SR: 6:59a SS: 4:54p 3:50a 11.6 H 9:17a 7.7 L 2:57p 12.5 H 9:55p 3.3 L



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
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dave@sounddivers.com

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High November 18, 7:14a 14.4 ft  
Low November 5, 12:24a 0.3 ft

## November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> MR: 3:58p MS: 6:43a (PST) ft SR: 7:01a SS: 4:53p 4:39a 12.4 H 10:00a 8.3 L 3:20p 12.6 H 10:28p 2.2 L	<b>2</b> MR: 4:25p MS: 7:57a (PST) ft SR: 7:02a SS: 4:51p 5:27a 13.1 H 10:42a 8.9 L 3:45p 12.8 H 11:04p 1.3 L	<b>3</b> MR: 5:01p MS: 9:11a (PST) ft SR: 7:04a SS: 4:49p 6:14a 13.6 H 11:25a 9.5 L 4:12p 12.9 H 11:42p 0.7 L	<b>4</b> MR: 5:49p MS: 10:20a (PST) ft SR: 7:06a SS: 4:48p 7:03a 14.0 H 12:09p 10.0 L 4:43p 13.0 H	<b>5</b> MR: 6:49p MS: 11:18a (PST) ft SR: 7:07a SS: 4:46p 12:24a 0.3 L 7:53a 14.1 H 12:58p 10.4 L 5:18p 12.8 H	<b>6</b> MR: 7:59p MS: 12:05p (PST) ft SR: 7:09a SS: 4:45p 1:08a 0.3 L 8:46a 14.2 H 1:55p 10.5 L 6:00p 12.3 H	<b>7</b> MR: 9:15p MS: 12:40p (PST) ft SR: 7:10a SS: 4:43p 1:54a 0.7 L 9:41a 14.2 H 3:03p 10.4 L 6:54p 11.6 H
<b>8</b> MR: 10:33p MS: 1:12p (PST) ft SR: 7:12a SS: 4:42p 2:45a 1.4 L 10:35a 14.2 H 4:27p 9.8 L 8:14p 10.6 H	<b>9</b> MR: 11:50p MS: 1:34p (PST) ft SR: 7:14a SS: 4:40p 3:40a 2.5 L 11:25a 14.1 H 5:50p 8.6 L 10:01p 9.9 H	<b>10</b> MR: 1:05a MS: 1:53p (PST) ft SR: 7:15a SS: 4:39p 4:42a 3.8 L 12:10p 14.1 H 6:53p 7.1 L 11:52p 9.7 H	<b>11</b> MR: 2:19a MS: 2:11p (PST) ft SR: 7:17a SS: 4:38p 5:51a 5.2 L 12:51p 13.9 H 7:42p 5.5 L	<b>12</b> MR: 3:32a MS: 2:29p (PST) ft SR: 7:18a SS: 4:36p 1:29a 10.3 H 7:01a 6.5 L 1:28p 13.7 H 8:26p 4.0 L	<b>13</b> MR: 4:45a MS: 2:29p (PST) ft SR: 7:20a SS: 4:35p 2:50a 11.2 H 8:07a 7.6 L 2:03p 13.5 H 9:07p 2.6 L	<b>14</b> MR: 5:58a MS: 3:11p (PST) ft SR: 7:21a SS: 4:34p 3:58a 12.3 H 9:07a 8.5 L 2:36p 13.2 H 9:47p 1.6 L
<b>15</b> MR: 7:10a MS: 3:38p (PST) ft SR: 7:23a SS: 4:33p 4:56a 13.2 H 10:01a 9.3 L 3:07p 13.0 H 10:26p 0.9 L	<b>16</b> MR: 8:18a MS: 4:12p (PST) ft SR: 7:25a SS: 4:32p 5:46a 13.9 H 10:51a 9.8 L 3:37p 12.7 H 11:04p 0.6 L	<b>17</b> MR: 9:19a MS: 4:54p (PST) ft SR: 7:26a SS: 4:30p 6:31a 14.3 H 11:38a 10.2 L 4:05p 12.5 H 11:41p 0.6 L	<b>18</b> MR: 10:12a MS: 5:44p (PST) ft SR: 7:28a SS: 4:29p 7:14a 14.4 H 12:24p 10.4 L 4:32p 12.2 H	<b>19</b> MR: 10:54a MS: 6:41p (PST) ft SR: 7:29a SS: 4:28p 12:17a 0.9 L 7:55a 14.4 H 1:11p 10.5 L 5:02p 11.8 H	<b>20</b> MR: 11:27a MS: 7:43p (PST) ft SR: 7:29a SS: 4:27p 12:52a 1.4 L 8:35a 14.3 H 2:02p 10.4 L 5:35p 11.3 H	<b>21</b> MR: 11:57a MS: 8:47p (PST) ft SR: 7:32a SS: 4:26p 1:27a 2.0 L 9:16a 14.1 H 3:03p 10.2 L 6:14p 10.6 H
<b>22</b> MR: 12:19p MS: 9:51p (PST) ft SR: 7:34a SS: 4:25p 2:02a 2.8 L 9:56a 13.9 H 4:20p 9.7 L 7:09p 9.9 H	<b>23</b> MR: 12:37p MS: 10:54p (PST) ft SR: 7:35a SS: 4:24p 2:38a 3.7 L 10:35a 13.7 H 5:36p 8.9 L 8:33p 9.2 H	<b>24</b> MR: 12:53p MS: 11:58p (PST) ft SR: 7:37a SS: 4:24p 3:19a 4.7 L 11:11a 13.5 H 6:27p 7.9 L 10:21p 8.8 H	<b>25</b> MR: 1:08p MS: 1:02a (PST) ft SR: 7:38a SS: 4:23p 4:07a 5.9 L 11:43a 13.3 H 7:04p 6.8 L	<b>26</b> MR: 1:24p MS: 2:07a (PST) ft SR: 7:39a SS: 4:22p 12:11a 9.0 H 5:07a 7.1 L 12:13p 13.1 H 7:36p 5.6 L	<b>27</b> MR: 1:41p MS: 3:15a (PST) ft SR: 7:41a SS: 4:21p 1:45a 9.8 H 6:21a 8.2 L 12:41p 12.9 H 8:09p 4.4 L	<b>28</b> MR: 2:01p MS: 4:25a (PST) ft SR: 7:42a SS: 4:21p 2:58a 10.9 H 7:34a 9.1 L 1:09p 12.8 H 8:42p 3.2 L
<b>29</b> MR: 2:26p MS: 5:39a (PST) ft SR: 7:43a SS: 4:20p 3:57a 12.0 H 8:37a 9.8 L 1:39p 12.9 H 9:19p 2.0 L	<b>30</b> MR: 2:58p MS: 6:54a (PST) ft SR: 7:45a SS: 4:20p 4:47a 13.1 H 9:32a 10.3 L 2:12p 13.1 H 9:58p 1.0 L					



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 P.O. Box 114  
 Bellingham, WA 98227  
 360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High December 6, 9:14a 15.1 ft  
Low December 31, 11:09p -0.7 ft

## December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> MR: 3:42p MS: 8:06a (PST) ft SR: 7:46a SS: 4:19p 5:33a 13.8 H 10:22a 10.7 L 2:48p 13.3 H 10:39p 0.1 L	<b>2</b> MR: 4:39p MS: 9:10a (PST) ft SR: 7:47a SS: 4:19p 6:18a 14.4 H 11:10a 10.9 L 3:28p 13.4 H 11:23p -0.4 L	<b>3</b> MR: 5:48p MS: 10:02a (PST) ft SR: 7:48a SS: 4:18p 7:03a 14.8 H 12:00p 11.0 L 4:13p 13.3 H	<b>4</b> MR: 7:06p MS: 10:42a (PST) ft SR: 7:50a SS: 4:18p 12:07a -0.6 L 7:47a 15.0 H 12:54p 10.8 L 5:04p 12.9 H	<b>5</b> MR: 8:26p MS: 11:17a (PST) ft SR: 7:51a SS: 4:17p 12:52a -0.3 L 8:31a 15.1 H 1:54p 10.4 L 6:03p 12.2 H
<b>6</b> MR: 9:44p MS: 11:41a (PST) ft SR: 7:52a SS: 4:17p 1:38a 0.5 L 9:14a 15.1 H 3:02p 9.6 L 7:15p 11.2 H	<b>7</b> MR: 11:01p MS: 12:01p (PST) ft SR: 7:53a SS: 4:17p 2:25a 1.7 L 9:55a 15.1 H 4:14p 8.5 L 8:41p 10.3 H	<b>8</b> MR: 12:15a MS: 12:20p (PST) ft SR: 7:54a SS: 4:17p 3:14a 3.4 L 10:35a 14.9 H 5:23p 7.0 L 10:18p 9.6 H	<b>9</b> MR: 1:28a MS: 12:38p (PST) ft SR: 7:55a SS: 4:17p 4:08a 5.2 L 11:13a 14.6 H 6:21p 5.4 L	<b>10</b> MR: 2:40a MS: 12:56p (PST) ft SR: 7:56a SS: 4:17p 12:04a 9.7 H 5:11a 7.1 L 11:51a 14.3 H 7:12p 4.0 L	<b>11</b> MR: 3:52a MS: 1:18p (PST) ft SR: 7:57a SS: 4:17p 1:51a 10.6 H 6:26a 8.7 L 12:28p 13.8 H 7:59p 2.7 L	<b>12</b> MR: 5:03a MS: 1:43p (PST) ft SR: 7:58a SS: 4:17p 3:19a 11.8 H 7:43a 9.9 L 1:04p 13.4 H 8:43p 1.8 L
<b>13</b> MR: 6:11a MS: 2:14p (PST) ft SR: 7:59a SS: 4:17p 4:22a 12.9 H 8:53a 10.5 L 1:40p 13.0 H 9:25p 1.2 L	<b>14</b> MR: 7:13a MS: 2:53p (PST) ft SR: 8:00a SS: 4:17p 5:11a 13.8 H 9:54a 10.8 L 2:17p 12.7 H 10:05p 0.9 L	<b>15</b> MR: 8:08a MS: 3:40p (PST) ft SR: 8:00a SS: 4:17p 5:51a 14.3 H 10:46a 10.9 L 2:53p 12.4 H 10:44p 0.8 L	<b>16</b> MR: 8:53a MS: 4:36p (PST) ft SR: 8:01a SS: 4:17p 6:28a 14.6 H 11:32a 10.9 L 3:31p 12.3 H 11:22p 0.9 L	<b>17</b> MR: 9:29a MS: 5:36p (PST) ft SR: 8:02a SS: 4:17p 7:02a 14.6 H 12:15p 10.8 L 4:09p 12.0 H 11:57p 1.1 L	<b>18</b> MR: 9:58a MS: 6:40p (PST) ft SR: 8:02a SS: 4:18p 7:36a 14.6 H 12:57p 10.5 L 4:49p 11.7 H	<b>19</b> MR: 10:24a MS: 7:44p (PST) ft SR: 8:03a SS: 4:18p 12:30a 1.6 L 8:07a 14.5 H 1:43p 10.2 L 5:32p 11.3 H
<b>20</b> MR: 10:43a MS: 8:48p (PST) ft SR: 8:04a SS: 4:19p 1:01a 2.1 L 8:38a 14.4 H 2:32p 9.7 L 6:21p 10.7 H	<b>21</b> MR: 11:00a MS: 9:51p (PST) ft SR: 8:04a SS: 4:19p 1:31a 2.9 L 9:06a 14.3 H 3:24p 9.0 L 7:20p 10.0 H	<b>22</b> MR: 11:15a MS: 10:54p (PST) ft SR: 8:04a SS: 4:20p 2:02a 3.9 L 9:33a 14.2 H 4:17p 8.2 L 8:32p 9.4 H	<b>23</b> MR: 11:30a MS: 11:57p (PST) ft SR: 8:05a SS: 4:20p 2:35a 5.1 L 9:59a 14.0 H 5:06p 7.2 L 9:56p 9.1 H	<b>24</b> MR: 11:47a MS: 1:02a (PST) ft SR: 8:05a SS: 4:21p 3:14a 6.5 L 10:24a 13.7 H 5:51p 6.1 L 11:35p 9.2 H	<b>25</b> MR: 12:05p MS: 2:10a (PST) ft SR: 8:06a SS: 4:22p 4:02a 8.0 L 10:51a 13.4 H 6:33p 5.0 L	<b>26</b> MR: 12:27p MS: 3:21a (PST) ft SR: 8:06a SS: 4:22p 1:31a 10.0 H 5:11a 9.4 L 11:20a 13.3 H 7:16p 3.8 L
<b>27</b> MR: 12:56p MS: 4:34a (PST) ft SR: 8:06a SS: 4:23p 3:01a 11.2 H 6:38a 10.5 L 11:53a 13.2 H 8:01p 2.6 L	<b>28</b> MR: 1:34p MS: 5:46a (PST) ft SR: 8:06a SS: 4:24p 4:00a 12.4 H 8:00a 11.1 L 12:34p 13.2 H 8:48p 1.5 L	<b>29</b> MR: 2:25p MS: 6:54a (PST) ft SR: 8:06a SS: 4:25p 4:47a 13.4 H 9:07a 11.4 L 1:22p 13.4 H 9:35p 0.5 L	<b>30</b> MR: 3:25p MS: 7:52a (PST) ft SR: 8:06a SS: 4:26p 5:29a 14.1 H 10:04a 11.5 L 2:16p 13.5 H 10:22p -0.2 L	<b>31</b> MR: 4:45p MS: 8:38a (PST) ft SR: 8:06a SS: 4:27p 6:09a 14.6 H 10:56a 11.3 L 3:14p 13.6 H 11:09p -0.7 L		



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High January 4, 8:30a 15.5 ft  
Low January 1, 11:53p -0.5 ft

## January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					MR: 6:07p MS: 9:13a (PST) ft SR: 8:06a SS: 4:28p 6:42a 15.0 H 11:49a 10.5 L 4:21p 13.4 H 11:53p -0.5 L	MR: 7:29p MS: 9:41a (PST) ft SR: 8:06a SS: 4:29p 7:19a 15.3 H 12:43p 9.8 L 5:24p 12.9 H
3	4	5	6	7	8	9
MR: 8:50p MS: 10:03a (PST) ft SR: 8:06a SS: 4:30p 12:37a 0.1 L 7:55a 15.5 H 1:39p 8.9 L 6:29p 12.2 H	MR: 10:07p MS: 10:23a (PST) ft SR: 8:06a SS: 4:31p 1:20a 1.2 L 8:30a 15.5 H 2:38p 7.8 L 7:38p 11.3 H	MR: 11:22p MS: 10:41a (PST) ft SR: 8:06a SS: 4:32p 2:03a 2.8 L 9:05a 15.4 H 3:38p 6.5 L 8:53p 10.5 H	MR: 12:36a MS: 11:01a (PST) ft SR: 8:05a SS: 4:33p 2:47a 4.7 L 9:40a 15.2 H 4:38p 5.3 L 10:19p 10.1 H	MR: 1:48a MS: 11:22a (PST) ft SR: 8:05a SS: 4:34p 3:36a 6.7 L 10:16a 14.7 H 5:36p 4.2 L	MR: 2:59a MS: 11:46a (PST) ft SR: 8:04a SS: 4:35p 12:05a 10.2 H 4:35a 8.6 L 10:52a 14.1 H 6:32p 3.3 L	MR: 4:07a MS: 12:16p (PST) ft SR: 8:04a SS: 4:37p 2:00a 11.1 H 5:53a 10.0 L 11:30a 13.5 H 7:26p 2.6 L
10	11	12	13	14	15	16
MR: 5:11a MS: 12:52p (PST) ft SR: 8:04a SS: 4:38p 3:20a 12.2 H 7:25a 10.8 L 12:13p 12.9 H 8:17p 2.2 L	MR: 6:07a MS: 1:37p (PST) ft SR: 8:03a SS: 4:39p 4:15a 13.1 H 8:44a 11.0 L 1:03p 12.4 H 9:05p 1.9 L	MR: 6:54a MS: 2:30p (PST) ft SR: 8:02a SS: 4:41p 4:57a 13.6 H 9:46a 10.9 L 1:59p 12.2 H 9:50p 1.7 L	MR: 7:32a MS: 3:28p (PST) ft SR: 8:02a SS: 4:42p 5:33a 13.9 H 10:33a 10.7 L 2:52p 12.1 H 10:30p 1.7 L	MR: 8:02a MS: 4:35p (PST) ft SR: 8:01a SS: 4:43p 6:05a 14.0 H 11:14a 10.3 L 3:40p 12.1 H 11:07p 1.7 L	MR: 8:26a MS: 5:39p (PST) ft SR: 8:00a SS: 4:45p 6:34a 14.1 H 11:53a 10.0 L 4:24p 12.0 H 11:40p 1.9 L	MR: 8:46a MS: 6:43p (PST) ft SR: 8:00a SS: 4:46p 7:01a 14.1 H 12:31p 9.5 L 5:07p 11.7 H
17	18	19	20	21	22	23
MR: 9:04a MS: 7:46p (PST) ft SR: 7:59a SS: 4:48p 12:10a 2.3 L 7:25a 14.1 H 1:09p 8.9 L 5:51p 11.4 H	MR: 9:19a MS: 8:49p (PST) ft SR: 7:58a SS: 4:49p 12:38a 3.0 L 7:48a 14.1 H 1:49p 8.3 L 6:39p 10.9 H	MR: 9:35a MS: 9:52p (PST) ft SR: 7:57a SS: 4:51p 1:06a 3.8 L 8:09a 14.1 H 2:29p 7.5 L 7:31p 10.4 H	MR: 9:50a MS: 10:56p (PST) ft SR: 7:56a SS: 4:52p 1:34a 4.9 L 8:30a 14.0 H 3:10p 6.7 L 8:31p 10.0 H	MR: 10:08a MS: 12:01a (PST) ft SR: 7:55a SS: 4:54p 2:06a 6.2 L 8:52a 13.8 H 3:52p 5.9 L 9:40p 9.9 H	MR: 10:28a MS: 1:09a (PST) ft SR: 7:54a SS: 4:55p 2:43a 7.5 L 9:15a 13.6 H 4:37p 5.0 L 11:07p 10.0 H	MR: 10:53a MS: 2:19a (PST) ft SR: 7:53a SS: 4:57p 3:30a 8.9 L 9:42a 13.3 H 5:27p 4.2 L
24	25	26	27	28	29	30
MR: 11:26a MS: 3:29a (PST) ft SR: 7:52a SS: 4:59p 1:11a 10.7 H 4:35a 10.2 L 10:16a 13.1 H 6:23p 3.4 L	MR: 12:10p MS: 4:37a (PST) ft SR: 7:51a SS: 5:00p 2:44a 11.7 H 6:05a 11.0 L 11:00a 13.0 H 7:23p 2.5 L	MR: 1:07p MS: 5:38a (PST) ft SR: 7:50a SS: 5:02p 3:40a 12.6 H 7:39a 11.4 L 11:59a 13.0 H 8:21p 1.6 L	MR: 2:17p MS: 6:29a (PST) ft SR: 7:48a SS: 5:03p 4:23a 13.4 H 8:52a 11.2 L 1:08p 13.1 H 9:15p 0.7 L	MR: 3:37p MS: 7:09a (PST) ft SR: 7:47a SS: 5:05p 5:01a 13.9 H 9:50a 10.8 L 2:21p 13.3 H 10:06p 0.2 L	MR: 5:04p MS: 7:40a (PST) ft SR: 7:46a SS: 5:07p 5:35a 14.4 H 10:42a 10.0 L 3:31p 13.4 H 10:53p 0.0 L	MR: 6:27p MS: 8:05a (PST) ft SR: 7:44a SS: 5:08p 6:09a 14.7 H 11:33a 9.1 L 4:36p 13.2 H 11:37p 0.4 L
31						
MR: 7:48p MS: 8:27a (PST) ft SR: 7:43a SS: 5:10p 6:41a 15.0 H 12:24p 7.9 L 5:38p 12.9 H						



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High February 2, 7:45a 15.2 ft  
Low February 26, 9:45p 1.4 ft

## February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> MR: 9:07p MS: 8:47a (PST) ft SR: 7:42a SS: 5:11p 12:19a 1.3 L 7:13a 15.2 H 1:15p 6.7 L 6:40p 12.3 H	<b>2</b> MR: 10:24p MS: 9:06a (PST) ft SR: 7:40a SS: 5:13p 1:01a 2.7 L 7:45a 15.2 H 2:07p 5.5 L 7:45p 11.7 H	<b>3</b> MR: 11:39p MS: 9:28a (PST) ft SR: 7:39a SS: 5:15p 1:42a 4.5 L 8:16a 15.0 H 2:59p 4.5 L 8:54p 11.2 H	<b>4</b> MR: 12:52a MS: 9:52a (PST) ft SR: 7:37a SS: 5:16p 2:26a 6.3 L 8:49a 14.6 H 3:52p 3.8 L 10:14p 10.9 H	<b>5</b> MR: 2:03a MS: 10:21a (PST) ft SR: 7:36a SS: 5:18p 3:14a 8.1 L 9:21a 13.9 H 4:47p 3.4 L 11:57p 11.0 H	<b>6</b> MR: 3:08a MS: 10:56a (PST) ft SR: 7:34a SS: 5:20p 4:13a 9.5 L 9:56a 13.2 H 5:46p 3.2 L
<b>7</b> MR: 4:06a MS: 11:39a (PST) ft SR: 7:33a SS: 5:21p 1:38a 11.6 H 5:39a 10.5 L 10:37a 12.5 H 6:48p 3.1 L	<b>8</b> MR: 4:55a MS: 12:29p (PST) ft SR: 7:31a SS: 5:23p 2:51a 12.3 H 7:24a 10.8 L 11:31a 11.9 H 7:48p 3.0 L	<b>9</b> MR: 5:35a MS: 1:27p (PST) ft SR: 7:30a SS: 5:25p 3:44a 12.8 H 8:43a 10.6 L 12:48p 11.5 H 8:43p 2.8 L	<b>10</b> MR: 6:07a MS: 2:28p (PST) ft SR: 7:28a SS: 5:26p 4:25a 13.1 H 9:36a 10.2 L 2:02p 11.5 H 9:31p 2.7 L	<b>11</b> MR: 6:32a MS: 3:32p (PST) ft SR: 7:26a SS: 5:28p 5:00a 13.3 H 10:17a 9.7 L 3:00p 11.6 H 10:12p 2.6 L	<b>12</b> MR: 6:53a MS: 4:39p (PST) ft SR: 7:25a SS: 5:30p 5:29a 13.4 H 10:53a 9.2 L 3:49p 11.8 H 10:47p 2.7 L	<b>13</b> MR: 7:11a MS: 5:43p (PST) ft SR: 7:23a SS: 5:31p 5:54a 13.4 H 11:28a 8.6 L 4:33p 11.8 H 11:19p 3.0 L
<b>14</b> MR: 7:28a MS: 6:46p (PST) ft SR: 7:21a SS: 5:33p 6:16a 13.5 H 12:01p 7.9 L 5:16p 11.7 H 11:47p 3.5 L	<b>15</b> MR: 7:43a MS: 7:49p (PST) ft SR: 7:19a SS: 5:35p 6:35a 13.5 H 12:35p 7.1 L 5:59p 11.5 H	<b>16</b> MR: 7:59a MS: 8:53p (PST) ft SR: 7:18a SS: 5:36p 12:15a 4.2 L 6:54a 13.6 H 1:09p 6.3 L 6:45p 11.3 H	<b>17</b> MR: 8:16a MS: 9:57p (PST) ft SR: 7:16a SS: 5:38p 12:43a 5.1 L 7:12a 13.5 H 1:43p 5.6 L 7:33p 11.1 H	<b>18</b> MR: 8:35a MS: 11:04p (PST) ft SR: 7:14a SS: 5:40p 1:14a 6.2 L 7:31a 13.5 H 2:19p 4.9 L 8:27p 11.0 H	<b>19</b> MR: 8:59a MS: 12:12a (PST) ft SR: 7:12a SS: 5:41p 1:49a 7.3 L 7:53a 13.3 H 2:58p 4.3 L 9:28p 11.0 H	<b>20</b> MR: 9:29a MS: 1:21a (PST) ft SR: 7:10a SS: 5:43p 2:30a 8.5 L 8:17a 13.1 H 3:42p 3.8 L 10:46p 11.0 H
<b>21</b> MR: 10:08a MS: 2:28a (PST) ft SR: 7:08a SS: 5:45p 3:20a 9.6 L 8:46a 12.8 H 4:34p 3.3 L	<b>22</b> MR: 10:58a MS: 3:29a (PST) ft SR: 7:07a SS: 5:46p 12:33a 11.4 H 4:27a 10.5 L 9:27a 12.6 H 5:37p 3.0 L	<b>23</b> MR: 12:01p MS: 4:21a (PST) ft SR: 7:05a SS: 5:48p 2:01a 12.0 H 6:00a 11.0 L 10:25a 12.3 H 6:46p 2.5 L	<b>24</b> MR: 1:15p MS: 5:04a (PST) ft SR: 7:03a SS: 5:49p 2:58a 12.6 H 7:36a 10.8 L 11:44a 12.2 H 7:54p 2.0 L	<b>25</b> MR: 2:34p MS: 5:38a (PST) ft SR: 7:01a SS: 5:51p 3:41a 13.1 H 8:44a 10.1 L 1:16p 12.3 H 8:53p 1.5 L	<b>26</b> MR: 4:00p MS: 6:05a (PST) ft SR: 6:59a SS: 5:53p 4:17a 13.6 H 9:38a 9.2 L 2:37p 12.5 H 9:45p 1.4 L	<b>27</b> MR: 5:23p MS: 6:28a (PST) ft SR: 6:57a SS: 5:54p 4:50a 13.9 H 10:27a 7.9 L 3:46p 12.8 H 10:32p 1.7 L
<b>28</b> MR: 6:43p MS: 6:49a (PST) ft SR: 6:55a SS: 5:56p 5:21a 14.2 H 11:15a 6.6 L 4:49p 12.9 H 11:17p 2.4 L						



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High March 2, 6:23a 14.5 ft  
Low March 31, 12:17p 1.6 ft

## March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> MR: 8:03p MS: 7:10a (PST) ft SR: 6:53a SS: 5:57p 5:52a 14.4 H 12:01p 5.2 L 5:49p 12.8 H 11:59p 3.6 L	<b>2</b> MR: 9:21p MS: 7:31a (PST) ft SR: 6:51a SS: 5:59p 6:23a 14.5 H 12:47p 4.0 L 6:48p 12.6 H	<b>3</b> MR: 10:38p MS: 7:55a (PST) ft SR: 6:49a SS: 6:01p 12:41a 5.0 L 6:53a 14.4 H 1:33p 3.1 L 7:48p 12.4 H	<b>4</b> MR: 11:51p MS: 8:23a (PST) ft SR: 6:47a SS: 6:02p 1:24a 6.5 L 7:24a 14.1 H 2:19p 2.6 L 8:53p 12.1 H	<b>5</b> MR: 1:00a MS: 8:57a (PST) ft SR: 6:45a SS: 6:04p 2:10a 7.9 L 7:55a 13.5 H 3:06p 2.5 L 10:06p 11.9 H	<b>6</b> MR: 2:02a MS: 9:39a (PST) ft SR: 6:43a SS: 6:05p 3:01a 9.1 L 8:26a 12.8 H 3:56p 2.8 L 11:31p 11.9 H
<b>7</b> MR: 2:54a MS: 10:28a (PST) ft SR: 6:41a SS: 6:07p 4:08a 10.0 L 9:01a 12.0 H 4:53p 3.2 L	<b>8</b> MR: 3:37a MS: 11:24a (PST) ft SR: 6:39a SS: 6:09p 12:54a 12.1 H 5:48a 10.3 L 9:47a 11.2 H 5:59p 3.6 L	<b>9</b> MR: 4:11a MS: 12:25p (PST) ft SR: 6:37a SS: 6:10p 2:00a 12.3 H 7:31a 10.1 L 11:02a 10.6 H 7:08p 3.8 L	<b>10</b> MR: 4:38a MS: 1:28p (PST) ft SR: 6:35a SS: 6:12p 2:52a 12.5 H 8:35a 9.5 L 12:48p 10.4 H 8:09p 3.9 L	<b>11</b> MR: 5:00a MS: 2:31p (PST) ft SR: 6:32a SS: 6:13p 3:33a 12.6 H 9:18a 8.9 L 2:05p 10.6 H 8:59p 3.9 L	<b>12</b> MR: 5:19a MS: 3:35p (PST) ft SR: 6:30a SS: 6:15p 4:07a 12.7 H 9:54a 8.2 L 3:02p 11.0 H 9:42p 3.9 L	<b>13</b> MR: 5:36a MS: 4:42p (PST) ft SR: 6:28a SS: 6:16p 4:34a 12.7 H 10:26a 7.4 L 3:51p 11.3 H 10:18p 4.2 L
<b>14</b> MR: 5:51a MS: 5:45p (PST) ft SR: 6:26a SS: 6:18p 4:57a 12.7 H 10:57a 6.5 L 4:37p 11.6 H 10:50p 4.7 L	<b>15</b> MR: 6:07a MS: 6:49p (PST) ft SR: 6:24a SS: 6:19p 5:17a 12.8 H 11:28a 5.7 L 5:20p 11.8 H 11:21p 5.3 L	<b>16</b> MR: 6:24a MS: 7:54p (PST) ft SR: 6:22a SS: 6:21p 5:35a 12.8 H 11:59a 4.8 L 6:04p 11.9 H 11:52p 6.0 L	<b>17</b> MR: 6:43a MS: 9:01p (PST) ft SR: 6:20a SS: 6:23p 5:53a 12.9 H 12:30p 4.0 L 6:48p 12.0 H	<b>18</b> MR: 7:06a MS: 10:09p (PST) ft SR: 6:18a SS: 6:24p 12:24a 6.9 L 6:12a 12.9 H 1:03p 3.4 L 7:35p 12.1 H	<b>19</b> MR: 7:34a MS: 11:17p (PST) ft SR: 6:16a SS: 6:26p 1:00a 7.8 L 6:33a 12.8 H 1:38p 2.8 L 8:27p 12.1 H	<b>20</b> MR: 8:11a MS: 12:24a (PST) ft SR: 6:13a SS: 6:27p 1:41a 8.6 L 6:56a 12.6 H 2:18p 2.5 L 9:25p 12.1 H
<b>21</b> MR: 8:58a MS: 1:26a (PST) ft SR: 6:11a SS: 6:29p 2:27a 9.4 L 7:24a 12.4 H 3:03p 2.4 L 10:37p 12.1 H	<b>22</b> MR: 9:56a MS: 2:20a (PST) ft SR: 6:09a SS: 6:30p 3:24a 10.1 L 8:00a 12.1 H 3:56p 2.4 L 11:59p 12.3 H	<b>23</b> MR: 11:04a MS: 3:03a (PST) ft SR: 6:07a SS: 6:32p 4:41a 10.4 L 8:54a 11.6 H 4:59p 2.6 L	<b>24</b> MR: 12:19p MS: 3:39a (PST) ft SR: 6:05a SS: 6:33p 1:10a 12.5 H 6:19a 10.2 L 10:14a 11.2 H 6:11p 2.7 L	<b>25</b> MR: 1:38p MS: 4:07a (PST) ft SR: 6:03a SS: 6:35p 2:03a 12.8 H 7:38a 9.4 L 11:59a 11.0 H 7:22p 2.8 L	<b>26</b> MR: 2:57p MS: 4:31a (PST) ft SR: 6:01a SS: 6:36p 2:45a 13.1 H 8:35a 8.2 L 1:37p 11.2 H 8:24p 3.0 L	<b>27</b> MR: 4:21p MS: 4:52a (PST) ft SR: 5:59a SS: 6:38p 3:22a 13.3 H 9:23a 6.7 L 2:54p 11.7 H 9:19p 3.5 L
<b>28</b> MR: 5:40p MS: 5:12a (PST) ft SR: 5:57a SS: 6:39p 3:55a 13.5 H 10:08a 5.2 L 4:00p 12.2 H 10:09p 4.2 L	<b>29</b> MR: 6:58p MS: 5:33a (PST) ft SR: 5:54a SS: 6:41p 4:27a 13.7 H 10:52a 3.7 L 5:01p 12.7 H 10:55p 5.1 L	<b>30</b> MR: 8:17p MS: 5:56a (PST) ft SR: 5:52a SS: 6:42p 4:59a 13.8 H 11:35a 2.5 L 5:58p 13.0 H 11:40p 6.2 L	<b>31</b> MR: 9:33p MS: 6:23a (PST) ft SR: 5:50a SS: 6:44p 5:30a 13.7 H 12:17p 1.6 L 6:55p 13.1 H			



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High April 30, 8:50p 13.8 ft  
Low April 29, 12:50p 0.3 ft

## April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				(PST) ft MR: 10:46p MS: 6:56a SR: 5:48a SS: 6:45p 12:25a 7.3 L 6:00a 13.4 H 12:59p 1.2 L 7:51p 13.1 H	(PST) ft MR: 11:52p MS: 7:36a SR: 5:46a SS: 6:47p 1:11a 8.3 L 6:30a 13.0 H 1:41p 1.2 L 8:50p 13.0 H	(PST) ft MR: 12:49a MS: 8:24a SR: 5:44a SS: 6:48p 2:00a 9.1 L 7:01a 12.3 H 2:24p 1.7 L 9:51p 12.9 H
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
(PDT) ft MR: 2:36a MS: 10:19a SR: 6:42a SS: 7:50p 3:58a 9.7 L 8:33a 11.6 H 4:09p 2.3 L 11:57p 12.7 H	(PDT) ft MR: 3:13a MS: 11:19a SR: 6:40a SS: 7:51p 5:14a 9.9 L 9:11a 10.8 H 5:00p 3.1 L	(PDT) ft MR: 3:42a MS: 12:22p SR: 6:38a SS: 7:53p 1:01a 12.6 H 7:00a 9.7 L 10:06a 10.1 H 5:59p 3.9 L	(PDT) ft MR: 4:06a MS: 1:25p SR: 6:36a SS: 7:54p 1:59a 12.5 H 8:22a 9.0 L 11:45a 9.5 H 7:08p 4.5 L	(PDT) ft MR: 4:25a MS: 2:29p SR: 6:34a SS: 7:56p 2:47a 12.5 H 9:12a 8.2 L 1:40p 9.4 H 8:15p 5.0 L	(PDT) ft MR: 4:43a MS: 3:32p SR: 6:32a SS: 7:57p 3:27a 12.4 H 9:49a 7.4 L 2:58p 9.8 H 9:12p 5.3 L	(PDT) ft MR: 4:59a MS: 4:35p SR: 6:30a SS: 7:59p 4:00a 12.3 H 10:22a 6.4 L 3:59p 10.4 H 9:59p 5.7 L
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
(PDT) ft MR: 5:15a MS: 5:42p SR: 6:27a SS: 8:00p 4:26a 12.3 H 10:52a 5.5 L 4:51p 11.0 H 10:41p 6.2 L	(PDT) ft MR: 5:31a MS: 6:47p SR: 6:25a SS: 8:02p 4:48a 12.2 H 11:22a 4.5 L 5:39p 11.6 H 11:18p 6.7 L	(PDT) ft MR: 5:50a MS: 7:54p SR: 6:23a SS: 8:03p 5:08a 12.3 H 11:52a 3.5 L 6:24p 12.1 H 11:54p 7.4 L	(PDT) ft MR: 6:12a MS: 9:03p SR: 6:21a SS: 8:05p 5:28a 12.3 H 12:23p 2.7 L 7:08p 12.5 H	(PDT) ft MR: 6:40a MS: 10:12p SR: 6:19a SS: 8:06p 12:30a 8.0 L 5:50a 12.4 H 12:55p 2.0 L 7:52p 12.8 H	(PDT) ft MR: 7:15a MS: 11:21p SR: 6:18a SS: 8:08p 1:09a 8.6 L 6:13a 12.5 H 1:31p 1.4 L 8:39p 13.0 H	(PDT) ft MR: 8:00a MS: 12:25a SR: 6:16a SS: 8:09p 1:50a 9.2 L 6:39a 12.4 H 2:09p 1.2 L 9:29p 13.1 H
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
(PDT) ft MR: 8:56a MS: 1:21a SR: 6:14a SS: 8:11p 2:36a 9.7 L 7:09a 12.2 H 2:51p 1.1 L 10:24p 13.1 H	(PDT) ft MR: 10:02a MS: 2:06a SR: 6:12a SS: 8:12p 3:30a 10.0 L 7:47a 11.8 H 3:37p 1.3 L 11:24p 13.2 H	(PDT) ft MR: 11:14a MS: 2:43a SR: 6:10a SS: 8:14p 4:37a 10.1 L 8:37a 11.3 H 4:29p 1.8 L	(PDT) ft MR: 12:30p MS: 3:12a SR: 6:08a SS: 8:15p 12:24a 13.2 H 6:02a 9.7 L 9:52a 10.6 H 5:29p 2.5 L	(PDT) ft MR: 1:47p MS: 3:36a SR: 6:06a SS: 8:17p 1:18a 13.2 H 7:25a 8.8 L 11:35a 10.0 H 6:36p 3.3 L	(PDT) ft MR: 3:03p MS: 3:57a SR: 6:04a SS: 8:18p 2:04a 13.3 H 8:27a 7.4 L 1:24p 10.0 H 7:46p 4.2 L	(PDT) ft MR: 4:20p MS: 4:17a SR: 6:02a SS: 8:20p 2:45a 13.3 H 9:17a 5.9 L 2:54p 10.5 H 8:52p 5.1 L
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
(PDT) ft MR: 5:40p MS: 4:37a SR: 6:00a SS: 8:21p 3:23a 13.3 H 10:02a 4.2 L 4:09p 11.3 H 9:52p 6.0 L	(PDT) ft MR: 6:57p MS: 4:59a SR: 5:59a SS: 8:23p 3:58a 13.3 H 10:46a 2.8 L 5:14p 12.1 H 10:46p 6.9 L	(PDT) ft MR: 8:14p MS: 5:24a SR: 5:57a SS: 8:24p 4:32a 13.3 H 11:28a 1.6 L 6:14p 12.9 H 11:37p 7.8 L	(PDT) ft MR: 9:29p MS: 5:54a SR: 5:55a SS: 8:26p 5:05a 13.2 H 12:09p 0.7 L 7:09p 13.4 H	(PDT) ft MR: 10:39p MS: 6:32a SR: 5:53a SS: 8:27p 12:25a 8.5 L 5:37a 12.9 H 12:50p 0.3 L 8:00p 13.7 H	(PDT) ft MR: 11:40p MS: 7:18a SR: 5:52a SS: 8:29p 1:13a 9.1 L 6:09a 12.6 H 1:30p 0.4 L 8:50p 13.8 H	



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High May 18, 10:59p 14.0 ft  
Low May 16, 1:49p 0.1 ft

## May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> MR:12:32a MS: 8:12a (PDT) ft SR: 5:50a SS: 8:30p 2:02a 9.5 L 6:42a 12.1 H 2:10p 0.7 L 9:39p 13.7 H
<b>2</b> MR: 1:13a MS: 9:11a (PDT) ft SR: 5:48a SS: 8:32p 2:54a 9.7 L 7:15a 11.5 H 2:50p 1.4 L 10:28p 13.5 H	<b>3</b> MR: 1:45a MS:10:14a (PDT) ft SR: 5:47a SS: 8:33p 3:55a 9.8 L 7:52a 10.9 H 3:30p 2.2 L 11:18p 13.3 H	<b>4</b> MR: 2:10a MS:11:18a (PDT) ft SR: 5:45a SS: 8:35p 5:11a 9.5 L 8:39a 10.1 H 4:13p 3.1 L	<b>5</b> MR: 2:31a MS:12:22p (PDT) ft SR: 5:43a SS: 8:36p 12:07a 13.1 H 6:40a 9.0 L 9:48a 9.3 H 5:00p 4.1 L	<b>6</b> MR: 2:49a MS: 1:25p (PDT) ft SR: 5:42a SS: 8:38p 12:53a 12.8 H 7:46a 8.1 L 11:29a 8.8 H 5:55p 5.0 L	<b>7</b> MR: 3:06a MS: 2:27p (PDT) ft SR: 5:40a SS: 8:39p 1:35a 12.6 H 8:31a 7.2 L 1:17p 8.8 H 7:00p 6.0 L	<b>8</b> MR: 3:22a MS: 3:30p (PDT) ft SR: 5:39a SS: 8:40p 2:10a 12.4 H 9:07a 6.1 L 2:44p 9.3 H 8:06p 6.8 L
<b>9</b> MR: 3:38a MS: 4:34p (PDT) ft SR: 5:37a SS: 8:42p 2:40a 12.2 H 9:40a 5.1 L 3:53p 10.1 H 9:06p 7.5 L	<b>10</b> MR: 3:56a MS: 5:44p (PDT) ft SR: 5:36a SS: 8:43p 3:06a 12.1 H 10:11a 4.0 L 4:50p 11.0 H 9:58p 8.1 L	<b>11</b> MR: 4:17a MS: 6:52p (PDT) ft SR: 5:34a SS: 8:45p 3:31a 12.1 H 10:42a 3.0 L 5:40p 11.9 H 10:45p 8.7 L	<b>12</b> MR: 4:43a MS: 8:02p (PDT) ft SR: 5:33a SS: 8:46p 3:56a 12.2 H 11:15a 2.1 L 6:26p 12.6 H 11:28p 9.1 L	<b>13</b> MR: 5:16a MS: 9:12p (PDT) ft SR: 5:31a SS: 8:47p 4:22a 12.3 H 11:50a 1.2 L 7:10p 13.1 H	<b>14</b> MR: 5:59a MS:10:19p (PDT) ft SR: 5:30a SS: 8:49p 12:11a 9.5 L 4:52a 12.4 H 12:27p 0.6 L 7:54p 13.5 H	<b>15</b> MR: 6:53a MS:11:19p (PDT) ft SR: 5:29a SS: 8:50p 12:54a 9.8 L 5:25a 12.5 H 1:07p 0.2 L 8:39p 13.8 H
<b>16</b> MR: 7:58a MS:12:08a (PDT) ft SR: 5:27a SS: 8:52p 1:41a 10.0 L 6:03a 12.4 H 1:49p 0.1 L 9:25p 13.9 H	<b>17</b> MR: 9:11a MS:12:47a (PDT) ft SR: 5:26a SS: 8:53p 2:33a 10.1 L 6:46a 12.1 H 2:33p 0.3 L 10:12p 14.0 H	<b>18</b> MR:10:27a MS: 1:18a (PDT) ft SR: 5:25a SS: 8:54p 3:33a 9.9 L 7:40a 11.5 H 3:19p 0.9 L 10:59p 14.0 H	<b>19</b> MR:11:43a MS: 1:43a (PDT) ft SR: 5:24a SS: 8:55p 4:43a 9.3 L 8:51a 10.7 H 4:09p 1.8 L 11:44p 14.0 H	<b>20</b> MR:12:59p MS: 2:05a (PDT) ft SR: 5:23a SS: 8:57p 5:58a 8.4 L 10:20a 9.9 H 5:03p 3.1 L	<b>21</b> MR: 2:14p MS: 2:25a (PDT) ft SR: 5:21a SS: 8:58p 12:27a 13.9 H 7:06a 7.0 L 12:00p 9.5 H 6:04p 4.5 L	<b>22</b> MR: 3:28p MS: 2:44a (PDT) ft SR: 5:20a SS: 8:59p 1:08a 13.8 H 8:02a 5.4 L 1:40p 9.7 H 7:12p 6.0 L
<b>23</b> MR: 4:43p MS: 3:05a (PDT) ft SR: 5:19a SS: 9:00p 1:47a 13.6 H 8:52a 3.9 L 3:10p 10.5 H 8:22p 7.3 L	<b>24</b> MR: 6:01p MS: 3:28a (PDT) ft SR: 5:18a SS: 9:02p 2:25a 13.4 H 9:37a 2.5 L 4:27p 11.5 H 9:28p 8.3 L	<b>25</b> MR: 7:15p MS: 3:56a (PDT) ft SR: 5:17a SS: 9:03p 3:03a 13.1 H 10:21a 1.4 L 5:32p 12.5 H 10:29p 9.1 L	<b>26</b> MR: 8:26p MS: 4:30a (PDT) ft SR: 5:16a SS: 9:04p 3:40a 12.9 H 11:04a 0.7 L 6:27p 13.3 H 11:24p 9.5 L	<b>27</b> MR: 9:30p MS: 5:13a (PDT) ft SR: 5:15a SS: 9:05p 4:17a 12.7 H 11:46a 0.3 L 7:14p 13.7 H	<b>28</b> MR:10:26p MS: 6:04a (PDT) ft SR: 5:15a SS: 9:06p 12:15a 9.8 L 4:54a 12.4 H 12:27p 0.2 L 7:58p 13.9 H	<b>29</b> MR:11:11p MS: 7:03a (PDT) ft SR: 5:14a SS: 9:07p 1:04a 9.9 L 5:31a 12.1 H 1:07p 0.4 L 8:39p 14.0 H
<b>30</b> MR:11:46p MS: 8:05a (PDT) ft SR: 5:13a SS: 9:08p 1:52a 9.9 L 6:10a 11.7 H 1:45p 0.9 L 9:19p 13.9 H	<b>31</b> MR:12:14a MS: 9:10a (PDT) ft SR: 5:12a SS: 9:09p 2:43a 9.7 L 6:50a 11.2 H 2:22p 1.5 L 9:58p 13.7 H					



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# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High June 16, 10:23p 14.5 ft  
Low June 13, 12:50p -0.4 ft

## June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> MR:12:37a MS:10:14a (PDT) ft SR: 5:12a SS: 9:10p 3:38a 9.5 L 7:36a 10.6 H 2:58p 2.3 L 10:36p 13.6 H	<b>2</b> MR:12:56a MS:11:17a (PDT) ft SR: 5:11a SS: 9:11p 4:41a 9.0 L 8:32a 9.9 H 3:33p 3.2 L 11:12p 13.4 H	<b>3</b> MR: 1:13a MS:12:20p (PDT) ft SR: 5:10a SS: 9:12p 5:46a 8.3 L 9:42a 9.2 H 4:11p 4.3 L 11:45p 13.2 H	<b>4</b> MR: 1:29a MS: 1:22p (PDT) ft SR: 5:10a SS: 9:13p 6:44a 7.4 L 11:07a 8.7 H 4:53p 5.6 L	<b>5</b> MR: 1:45a MS: 2:24p (PDT) ft SR: 5:09a SS: 9:14p 12:16a 12.9 H 7:31a 6.4 L 12:46p 8.8 H 5:44p 6.8 L
<b>6</b> MR: 2:02a MS: 3:29p (PDT) ft SR: 5:09a SS: 9:15p 12:45a 12.6 H 8:11a 5.3 L 2:23p 9.4 H 6:51p 8.0 L	<b>7</b> MR: 2:21a MS: 4:35p (PDT) ft SR: 5:08a SS: 9:15p 1:13a 12.4 H 8:48a 4.3 L 3:44p 10.3 H 8:07p 9.0 L	<b>8</b> MR: 2:45a MS: 5:48p (PDT) ft SR: 5:08a SS: 9:16p 1:42a 12.3 H 9:24a 3.2 L 4:47p 11.4 H 9:15p 9.6 L	<b>9</b> MR: 3:15a MS: 6:58p (PDT) ft SR: 5:08a SS: 9:17p 2:14a 12.3 H 10:02a 2.2 L 5:37p 12.3 H 10:13p 10.0 L	<b>10</b> MR: 3:55a MS: 8:06p (PDT) ft SR: 5:07a SS: 9:18p 2:50a 12.4 H 10:42a 1.3 L 6:22p 13.0 H 11:03p 10.3 L	<b>11</b> MR: 4:45a MS: 9:10p (PDT) ft SR: 5:07a SS: 9:18p 3:30a 12.6 H 11:24a 0.6 L 7:04p 13.5 H 11:51p 10.4 L	<b>12</b> MR: 5:48a MS:10:04p (PDT) ft SR: 5:07a SS: 9:19p 4:14a 12.7 H 12:07p 0.0 L 7:45p 13.9 H
<b>13</b> MR: 7:01a MS:10:48p (PDT) ft SR: 5:07a SS: 9:19p 12:39a 10.4 L 5:02a 12.8 H 12:50p -0.4 L 8:26p 14.2 H	<b>14</b> MR: 8:18a MS:11:22p (PDT) ft SR: 5:07a SS: 9:20p 1:30a 10.2 L 5:54a 12.6 H 1:34p -0.3 L 9:06p 14.4 H	<b>15</b> MR: 9:37a MS:11:50p (PDT) ft SR: 5:07a SS: 9:20p 2:25a 9.7 L 6:53a 12.1 H 2:18p 0.2 L 9:45p 14.5 H	<b>16</b> MR:10:55a MS:12:13a (PDT) ft SR: 5:07a SS: 9:21p 3:25a 9.0 L 7:59a 11.3 H 3:03p 1.2 L 10:23p 14.5 H	<b>17</b> MR:12:10p MS:12:33a (PDT) ft SR: 5:07a SS: 9:21p 4:28a 8.0 L 9:14a 10.5 H 3:49p 2.6 L 11:00p 14.5 H	<b>18</b> MR: 1:25p MS:12:52a (PDT) ft SR: 5:07a SS: 9:22p 5:32a 6.7 L 10:37a 9.9 H 4:38p 4.3 L 11:37p 14.3 H	<b>19</b> MR: 2:39p MS: 1:13a (PDT) ft SR: 5:07a SS: 9:22p 6:33a 5.2 L 12:10p 9.7 H 5:35p 6.1 L
<b>20</b> MR: 3:52p MS: 1:35a (PDT) ft SR: 5:07a SS: 9:22p 12:15a 14.0 H 7:29a 3.9 L 1:52p 10.1 H 6:42p 7.8 L	<b>21</b> MR: 5:09p MS: 2:01a (PDT) ft SR: 5:07a SS: 9:22p 12:53a 13.6 H 8:22a 2.7 L 3:28p 11.0 H 7:58p 9.1 L	<b>22</b> MR: 6:19p MS: 2:33a (PDT) ft SR: 5:08a SS: 9:22p 1:33a 13.2 H 9:11a 1.8 L 4:43p 12.0 H 9:13p 9.8 L	<b>23</b> MR: 7:24p MS: 3:13a (PDT) ft SR: 5:08a SS: 9:23p 2:15a 12.8 H 9:59a 1.2 L 5:40p 12.9 H 10:19p 10.2 L	<b>24</b> MR: 8:21p MS: 4:01a (PDT) ft SR: 5:08a SS: 9:23p 3:00a 12.5 H 10:45a 0.9 L 6:26p 13.4 H 11:16p 10.2 L	<b>25</b> MR: 9:09p MS: 4:57a (PDT) ft SR: 5:09a SS: 9:23p 3:47a 12.3 H 11:29a 0.7 L 7:07p 13.7 H	<b>26</b> MR: 9:47p MS: 5:58a (PDT) ft SR: 5:09a SS: 9:23p 12:05a 10.1 L 4:33a 12.1 H 12:11p 0.8 L 7:43p 13.8 H
<b>27</b> MR:10:18p MS: 7:02a (PDT) ft SR: 5:10a SS: 9:23p 12:51a 10.0 L 5:18a 11.9 H 12:49p 1.0 L 8:18p 13.8 H	<b>28</b> MR:10:42p MS: 8:07a (PDT) ft SR: 5:10a SS: 9:23p 1:35a 9.7 L 6:02a 11.6 H 1:25p 1.4 L 8:50p 13.7 H	<b>29</b> MR:11:02p MS: 9:11a (PDT) ft SR: 5:11a SS: 9:22p 2:20a 9.3 L 6:48a 11.2 H 1:58p 2.0 L 9:20p 13.7 H	<b>30</b> MR:11:20p MS:10:13a (PDT) ft SR: 5:11a SS: 9:22p 3:07a 8.8 L 7:36a 10.6 H 2:29p 2.8 L 9:48p 13.6 H			



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# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High July 15, 9:39p 14.7 ft  
Low July 12, 12:34p -0.3 ft

## July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				MR:11:36p MS:11:15a (PDT) ft SR: 5:12a SS: 9:22p 3:55a 8.1 L 8:30a 10.0 H 2:59p 3.8 L 10:14p 13.5 H	MR:11:52p MS:12:17p (PDT) ft SR: 5:13a SS: 9:22p 4:44a 7.4 L 9:32a 9.5 H 3:32p 5.0 L 10:38p 13.3 H	MR:12:08a MS: 1:20p (PDT) ft SR: 5:13a SS: 9:21p 5:31a 6.6 L 10:44a 9.2 H 4:08p 6.3 L 11:03p 13.0 H
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
MR:12:27a MS: 2:24p (PDT) ft SR: 5:14a SS: 9:21p 6:17a 5.7 L 12:10p 9.2 H 4:54p 7.6 L 11:28p 12.7 H	MR:12:49a MS: 3:31p (PDT) ft SR: 5:15a SS: 9:20p 7:03a 4.8 L 1:56p 9.8 H 5:54p 8.9 L 11:57p 12.5 H	MR: 1:16a MS: 4:39p (PDT) ft SR: 5:16a SS: 9:20p 7:49a 3.9 L 3:30p 10.7 H 7:12p 9.9 L	MR: 1:50a MS: 5:51p (PDT) ft SR: 5:16a SS: 9:19p 12:32a 12.4 H 8:37a 3.0 L 4:34p 11.6 H 8:34p 10.4 L	MR: 2:36a MS: 6:56p (PDT) ft SR: 5:17a SS: 9:19p 1:15a 12.4 H 9:26a 2.0 L 5:23p 12.4 H 9:43p 10.7 L	MR: 3:34a MS: 7:54p (PDT) ft SR: 5:18a SS: 9:18p 2:05a 12.6 H 10:15a 1.1 L 6:06p 13.1 H 10:39p 10.7 L	MR: 4:44a MS: 8:43p (PDT) ft SR: 5:19a SS: 9:18p 3:02a 12.8 H 11:03a 0.4 L 6:45p 13.5 H 11:31p 10.5 L
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
MR: 6:01a MS: 9:21p (PDT) ft SR: 5:20a SS: 9:17p 4:01a 13.0 H 11:49a -0.2 L 7:22p 13.9 H	MR: 7:22a MS: 9:52p (PDT) ft SR: 5:21a SS: 9:16p 12:22a 10.0 L 5:02a 13.0 H 12:34p -0.3 L 7:57p 14.2 H	MR: 8:42a MS:10:17p (PDT) ft SR: 5:22a SS: 9:15p 1:14a 9.3 L 6:04a 12.7 H 1:17p 0.0 L 8:31p 14.5 H	MR:10:01a MS:10:39p (PDT) ft SR: 5:23a SS: 9:14p 2:08a 8.4 L 7:08a 12.2 H 2:00p 0.9 L 9:05p 14.7 H	MR:11:18a MS:11:00p (PDT) ft SR: 5:24a SS: 9:14p 3:04a 7.3 L 8:14a 11.5 H 2:43p 2.3 L 9:39p 14.7 H	MR:12:34p MS:11:21p (PDT) ft SR: 5:25a SS: 9:13p 4:00a 6.1 L 9:25a 10.8 H 3:27p 4.0 L 10:13p 14.6 H	MR: 1:48p MS:11:43p (PDT) ft SR: 5:26a SS: 9:12p 4:57a 4.9 L 10:43a 10.3 H 4:15p 5.9 L 10:48p 14.2 H
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
MR: 3:01p MS:12:08a (PDT) ft SR: 5:28a SS: 9:11p 5:55a 3.8 L 12:14p 10.3 H 5:11p 7.7 L 11:24p 13.7 H	MR: 4:12p MS:12:39a (PDT) ft SR: 5:29a SS: 9:10p 6:53a 3.0 L 2:01p 10.8 H 6:20p 9.1 L	MR: 5:22p MS: 1:16a (PDT) ft SR: 5:30a SS: 9:09p 12:04a 13.2 H 7:50a 2.4 L 3:32p 11.6 H 7:46p 10.1 L	MR: 6:20p MS: 2:02a (PDT) ft SR: 5:31a SS: 9:08p 12:50a 12.6 H 8:46a 2.0 L 4:37p 12.4 H 9:09p 10.4 L	MR: 7:10p MS: 2:55a (PDT) ft SR: 5:32a SS: 9:06p 1:44a 12.2 H 9:40a 1.8 L 5:27p 12.9 H 10:15p 10.3 L	MR: 7:50p MS: 3:54a (PDT) ft SR: 5:34a SS: 9:05p 2:45a 12.0 H 10:30a 1.6 L 6:09p 13.2 H 11:07p 10.0 L	MR: 8:22p MS: 4:57a (PDT) ft SR: 5:35a SS: 9:04p 3:43a 11.9 H 11:15a 1.5 L 6:44p 13.3 H 11:51p 9.7 L
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
MR: 8:48p MS: 6:01a (PDT) ft SR: 5:36a SS: 9:03p 4:35a 11.9 H 11:55a 1.6 L 7:15p 13.3 H	MR: 9:09p MS: 7:05a (PDT) ft SR: 5:37a SS: 9:01p 12:32a 9.3 L 5:21a 11.8 H 12:30p 1.8 L 7:43p 13.4 H	MR: 9:27p MS: 8:08a (PDT) ft SR: 5:39a SS: 9:00p 1:11a 8.8 L 6:05a 11.6 H 1:02p 2.2 L 8:09p 13.4 H	MR: 9:44p MS: 9:11a (PDT) ft SR: 5:40a SS: 8:59p 1:50a 8.2 L 6:50a 11.3 H 1:31p 2.9 L 8:32p 13.4 H	MR:10:00p MS:10:13a (PDT) ft SR: 5:41a SS: 8:57p 2:29a 7.6 L 7:36a 10.9 H 2:00p 3.8 L 8:53p 13.4 H	MR:10:16p MS:11:15a (PDT) ft SR: 5:43a SS: 8:56p 3:08a 6.9 L 8:26a 10.5 H 2:29p 4.8 L 9:13p 13.2 H	MR:10:34p MS:12:18p (PDT) ft SR: 5:44a SS: 8:55p 3:47a 6.2 L 9:21a 10.2 H 3:01p 6.0 L 9:35p 13.1 H



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High August 12, 8:17p 14.5 ft  
Low August 9, 11:30a 0.4 ft

## August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> MR: 10:54p MS: 1:23p (PDT) ft SR: 5:45a SS: 8:53p 4:27a 5.5 L 10:24a 10.0 H 3:38p 7.2 L 9:57p 12.8 H	<b>2</b> MR: 11:19p MS: 2:29p (PDT) ft SR: 5:47a SS: 8:52p 5:10a 4.8 L 11:40a 10.0 H 4:22p 8.4 L 10:24p 12.6 H	<b>3</b> MR: 11:50p MS: 3:35p (PDT) ft SR: 5:48a SS: 8:50p 5:58a 4.2 L 1:25p 10.4 H 5:20p 9.5 L 10:57p 12.4 H	<b>4</b> MR: 12:30a MS: 4:40p (PDT) ft SR: 5:49a SS: 8:48p 6:53a 3.6 L 3:04p 11.1 H 6:38p 10.3 L 11:40p 12.3 H	<b>5</b> MR: 1:22a MS: 5:43p (PDT) ft SR: 5:51a SS: 8:47p 7:54a 2.9 L 4:08p 11.8 H 8:08p 10.7 L	<b>6</b> MR: 2:25a MS: 6:35p (PDT) ft SR: 5:52a SS: 8:45p 12:37a 12.3 H 8:54a 2.1 L 4:55p 12.5 H 9:23p 10.6 L	<b>7</b> MR: 3:39a MS: 7:17p (PDT) ft SR: 5:54a SS: 8:44p 1:45a 12.5 H 9:51a 1.3 L 5:35p 13.0 H 10:22p 10.2 L
<b>8</b> MR: 4:59a MS: 7:51p (PDT) ft SR: 5:55a SS: 8:42p 2:58a 12.7 H 10:42a 0.7 L 6:10p 13.4 H 11:14p 9.6 L	<b>9</b> MR: 6:20a MS: 8:19p (PDT) ft SR: 5:56a SS: 8:40p 4:08a 12.9 H 11:30a 0.4 L 6:42p 13.8 H	<b>10</b> MR: 7:42a MS: 8:43p (PDT) ft SR: 5:58a SS: 8:39p 12:04a 8.6 L 5:13a 13.0 H 12:14p 0.6 L 7:14p 14.1 H	<b>11</b> MR: 9:02a MS: 9:05p (PDT) ft SR: 5:59a SS: 8:37p 12:55a 7.5 L 6:16a 12.8 H 12:57p 1.4 L 7:45p 14.4 H	<b>12</b> MR: 10:21a MS: 9:26p (PDT) ft SR: 6:01a SS: 8:35p 1:45a 6.2 L 7:18a 12.4 H 1:39p 2.6 L 8:17p 14.5 H	<b>13</b> MR: 11:39a MS: 9:49p (PDT) ft SR: 6:02a SS: 8:33p 2:35a 5.0 L 8:21a 11.9 H 2:22p 4.2 L 8:49p 14.4 H	<b>14</b> MR: 12:55p MS: 10:14p (PDT) ft SR: 6:03a SS: 8:32p 3:27a 4.0 L 9:28a 11.5 H 3:07p 5.9 L 9:23p 14.1 H
<b>15</b> MR: 2:07p MS: 10:44p (PDT) ft SR: 6:05a SS: 8:30p 4:19a 3.2 L 10:43a 11.2 H 3:56p 7.5 L 9:57p 13.6 H	<b>16</b> MR: 3:15p MS: 11:20p (PDT) ft SR: 6:06a SS: 8:28p 5:14a 2.8 L 12:14p 11.2 H 4:55p 8.9 L 10:35p 13.0 H	<b>17</b> MR: 4:16p MS: 12:04a (PDT) ft SR: 6:08a SS: 8:26p 6:13a 2.7 L 1:52p 11.5 H 6:13p 9.9 L 11:20p 12.3 H	<b>18</b> MR: 5:11p MS: 12:55a (PDT) ft SR: 6:09a SS: 8:24p 7:16a 2.7 L 3:10p 12.0 H 7:50p 10.2 L	<b>19</b> MR: 5:53p MS: 1:53a (PDT) ft SR: 6:11a SS: 8:22p 12:19a 11.7 H 8:20a 2.7 L 4:09p 12.5 H 9:11p 10.0 L	<b>20</b> MR: 6:27p MS: 2:55a (PDT) ft SR: 6:12a SS: 8:20p 1:36a 11.4 H 9:19a 2.7 L 4:55p 12.7 H 10:08p 9.6 L	<b>21</b> MR: 6:54p MS: 3:58a (PDT) ft SR: 6:13a SS: 8:18p 2:50a 11.3 H 10:10a 2.6 L 5:33p 12.8 H 10:53p 9.1 L
<b>22</b> MR: 7:16p MS: 5:02a (PDT) ft SR: 6:15a SS: 8:16p 3:49a 11.5 H 10:54a 2.6 L 6:05p 12.9 H 11:31p 8.6 L	<b>23</b> MR: 7:35p MS: 6:05a (PDT) ft SR: 6:16a SS: 8:15p 4:39a 11.6 H 11:32a 2.7 L 6:31p 12.9 H	<b>24</b> MR: 7:52p MS: 7:07a (PDT) ft SR: 6:18a SS: 8:13p 12:07a 8.0 L 5:24a 11.7 H 12:06p 3.1 L 6:55p 12.9 H	<b>25</b> MR: 8:08p MS: 8:09a (PDT) ft SR: 6:19a SS: 8:11p 12:42a 7.3 L 6:08a 11.7 H 12:36p 3.7 L 7:15p 12.9 H	<b>26</b> MR: 8:25p MS: 9:11a (PDT) ft SR: 6:21a SS: 8:09p 1:16a 6.5 L 6:51a 11.5 H 1:04p 4.4 L 7:34p 12.9 H	<b>27</b> MR: 8:42p MS: 10:14a (PDT) ft SR: 6:22a SS: 8:07p 1:49a 5.8 L 7:35a 11.4 H 1:33p 5.3 L 7:53p 12.9 H	<b>28</b> MR: 9:02p MS: 11:18a (PDT) ft SR: 6:23a SS: 8:05p 2:23a 5.2 L 8:22a 11.2 H 2:04p 6.3 L 8:12p 12.8 H
<b>29</b> MR: 9:25p MS: 12:23p (PDT) ft SR: 6:25a SS: 8:03p 2:58a 4.6 L 9:13a 11.1 H 2:38p 7.3 L 8:32p 12.6 H	<b>30</b> MR: 9:54p MS: 1:29p (PDT) ft SR: 6:26a SS: 8:00p 3:35a 4.1 L 10:10a 11.0 H 3:18p 8.3 L 8:56p 12.4 H	<b>31</b> MR: 10:30p MS: 2:32p (PDT) ft SR: 6:28a SS: 7:58p 4:17a 3.8 L 11:20a 11.0 H 4:07p 9.3 L 9:25p 12.2 H				



**SOUND DIVERS**  
 P.O. Box 114  
 Bellingham, WA 98227  
 360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High September 9, 6:53p 14.1 ft  
Low September 6, 10:17a 1.8 ft

## September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> MR: 11:16p MS: 3:32p (PDT) ft SR: 6:29a SS: 7:56p 5:06a 3.5 L 12:55p 11.2 H 5:08p 10.0 L 10:05p 12.0 H	<b>2</b> MR: 12:14a MS: 4:24p (PDT) ft SR: 6:31a SS: 7:54p 6:05a 3.2 L 2:25p 11.6 H 6:31p 10.5 L 11:02p 11.8 H	<b>3</b> MR: 1:21a MS: 5:12p (PDT) ft SR: 6:32a SS: 7:52p 7:14a 2.9 L 3:25p 12.1 H 8:05p 10.4 L	<b>4</b> MR: 2:37a MS: 5:49p (PDT) ft SR: 6:33a SS: 7:50p 12:19a 11.7 H 8:23a 2.4 L 4:10p 12.6 H 9:15p 9.8 L
<b>5</b> MR: 3:56a MS: 6:18p (PDT) ft SR: 6:35a SS: 7:48p 1:49a 11.8 H 9:24a 2.0 L 4:46p 13.0 H 10:09p 8.9 L	<b>6</b> MR: 5:17a MS: 6:44p (PDT) ft SR: 6:36a SS: 7:46p 3:11a 12.2 H 10:17a 1.8 L 5:19p 13.3 H 10:58p 7.7 L	<b>7</b> MR: 6:38a MS: 7:06p (PDT) ft SR: 6:38a SS: 7:44p 4:21a 12.6 H 11:06a 2.0 L 5:51p 13.6 H 11:45p 6.3 L	<b>8</b> MR: 7:59a MS: 7:29p (PDT) ft SR: 6:39a SS: 7:42p 5:24a 12.8 H 11:51a 2.7 L 6:22p 13.9 H	<b>9</b> MR: 9:19a MS: 7:51p (PDT) ft SR: 6:41a SS: 7:40p 12:31a 4.9 L 6:25a 12.9 H 12:35p 3.7 L 6:53p 14.1 H	<b>10</b> MR: 10:38a MS: 8:17p (PDT) ft SR: 6:42a SS: 7:38p 1:18a 3.6 L 7:25a 12.8 H 1:19p 5.0 L 7:25p 14.0 H	<b>11</b> MR: 11:55a MS: 8:46p (PDT) ft SR: 6:43a SS: 7:35p 2:04a 2.6 L 8:25a 12.7 H 2:04p 6.4 L 7:57p 13.8 H
<b>12</b> MR: 1:07p MS: 9:22p (PDT) ft SR: 6:45a SS: 7:33p 2:51a 2.1 L 9:29a 12.4 H 2:51p 7.8 L 8:31p 13.3 H	<b>13</b> MR: 2:11p MS: 10:04p (PDT) ft SR: 6:46a SS: 7:31p 3:39a 2.0 L 10:40a 12.3 H 3:44p 8.9 L 9:06p 12.7 H	<b>14</b> MR: 3:06p MS: 10:55p (PDT) ft SR: 6:48a SS: 7:29p 4:31a 2.3 L 12:01p 12.2 H 4:51p 9.7 L 9:47p 11.9 H	<b>15</b> MR: 3:51p MS: 11:51p (PDT) ft SR: 6:49a SS: 7:27p 5:28a 2.8 L 1:20p 12.3 H 6:23p 10.0 L 10:40p 11.2 H	<b>16</b> MR: 4:27p MS: 12:53a (PDT) ft SR: 6:51a SS: 7:25p 6:34a 3.3 L 2:27p 12.4 H 8:02p 9.7 L	<b>17</b> MR: 4:55p MS: 1:56a (PDT) ft SR: 6:52a SS: 7:23p 12:02a 10.6 H 7:43a 3.6 L 3:21p 12.5 H 9:08p 9.1 L	<b>18</b> MR: 5:23p MS: 2:59a (PDT) ft SR: 6:53a SS: 7:20p 1:39a 10.4 H 8:46a 3.8 L 4:04p 12.6 H 9:54p 8.4 L
<b>19</b> MR: 5:42p MS: 4:02a (PDT) ft SR: 6:55a SS: 7:18p 2:53a 10.7 H 9:39a 4.0 L 4:40p 12.6 H 10:32p 7.7 L	<b>20</b> MR: 6:00p MS: 5:04a (PDT) ft SR: 6:56a SS: 7:16p 3:51a 11.0 H 10:24a 4.2 L 5:09p 12.5 H 11:06p 6.9 L	<b>21</b> MR: 6:17p MS: 6:06a (PDT) ft SR: 6:58a SS: 7:14p 4:41a 11.4 H 11:02a 4.5 L 5:33p 12.5 H 11:38p 6.1 L	<b>22</b> MR: 6:33p MS: 7:08a (PDT) ft SR: 6:59a SS: 7:12p 5:26a 11.7 H 11:36a 5.1 L 5:54p 12.5 H	<b>23</b> MR: 6:50p MS: 8:11a (PDT) ft SR: 7:01a SS: 7:10p 12:09a 5.3 L 6:10a 11.9 H 12:08p 5.7 L 6:13p 12.5 H	<b>24</b> MR: 7:10p MS: 9:15a (PDT) ft SR: 7:02a SS: 7:08p 12:39a 4.5 L 6:53a 12.1 H 12:39p 6.5 L 6:30p 12.5 H	<b>25</b> MR: 7:32p MS: 10:20a (PDT) ft SR: 7:04a SS: 7:05p 1:10a 3.8 L 7:36a 12.2 H 1:11p 7.2 L 6:49p 12.5 H
<b>26</b> MR: 7:59p MS: 11:25a (PDT) ft SR: 7:05a SS: 7:03p 1:42a 3.3 L 8:21a 12.2 H 1:46p 8.0 L 7:09p 12.4 H	<b>27</b> MR: 8:34p MS: 12:29p (PDT) ft SR: 7:07a SS: 7:01p 2:16a 2.9 L 9:09a 12.2 H 2:25p 8.8 L 7:31p 12.2 H	<b>28</b> MR: 9:17p MS: 1:29p (PDT) ft SR: 7:08a SS: 6:59p 2:53a 2.7 L 10:04a 12.2 H 3:10p 9.4 L 7:58p 12.0 H	<b>29</b> MR: 10:10p MS: 2:23p (PDT) ft SR: 7:09a SS: 6:57p 3:36a 2.7 L 11:09a 12.2 H 4:05p 10.0 L 8:33p 11.7 H	<b>30</b> MR: 11:13p MS: 3:08p (PDT) ft SR: 7:11a SS: 6:55p 4:26a 2.8 L 12:24p 12.3 H 5:17p 10.3 L 9:25p 11.3 H		



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based on VANCOUVER (NOAA)  
49° 7 N 123° 18 W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High October 7, 5:26p 13.7 ft  
Low October 10, 1:33a 0.8 ft

## October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> MR: 12:24a MS: 3:45p (PDT) ft SR: 7:12a SS: 6:53p 5:26a 2.9 L 1:34p 12.5 H 6:50p 10.0 L 10:45p 10.9 H	<b>2</b> MR: 1:39a MS: 4:19p (PDT) ft SR: 7:14a SS: 6:51p 6:35a 3.1 L 2:28p 12.7 H 8:10p 9.3 L
<b>3</b> MR: 2:57a MS: 4:45p (PDT) ft SR: 7:15a SS: 6:48p 12:29a 10.7 H 7:46a 3.3 L 3:11p 12.9 H 9:06p 8.1 L	<b>4</b> MR: 4:15a MS: 5:08p (PDT) ft SR: 7:17a SS: 6:46p 2:09a 11.0 H 8:52a 3.5 L 3:47p 13.2 H 9:54p 6.7 L	<b>5</b> MR: 5:35a MS: 5:30p (PDT) ft SR: 7:18a SS: 6:44p 3:27a 11.6 H 9:49a 4.0 L 4:21p 13.4 H 10:38p 5.1 L	<b>6</b> MR: 6:55a MS: 5:53p (PDT) ft SR: 7:20a SS: 6:42p 4:35a 12.3 H 10:41a 4.7 L 4:54p 13.6 H 11:22p 3.5 L	<b>7</b> MR: 8:15a MS: 6:17p (PDT) ft SR: 7:21a SS: 6:40p 5:36a 12.9 H 11:29a 5.6 L 5:26p 13.7 H	<b>8</b> MR: 9:34a MS: 6:45p (PDT) ft SR: 7:23a SS: 6:38p 12:06a 2.2 L 6:35a 13.3 H 12:16p 6.6 L 5:59p 13.7 H	<b>9</b> MR: 10:50a MS: 7:19p (PDT) ft SR: 7:24a SS: 6:36p 12:49a 1.3 L 7:32a 13.6 H 1:03p 7.6 L 6:31p 13.5 H
<b>10</b> MR: 12:00p MS: 8:00p (PDT) ft SR: 7:26a SS: 6:34p 1:33a 0.8 L 8:29a 13.7 H 1:51p 8.5 L 7:04p 13.1 H	<b>11</b> MR: 1:00p MS: 8:50p (PDT) ft SR: 7:27a SS: 6:32p 2:17a 0.9 L 9:28a 13.6 H 2:42p 9.3 L 7:39p 12.5 H	<b>12</b> MR: 1:50p MS: 9:46p (PDT) ft SR: 7:29a SS: 6:30p 3:02a 1.3 L 10:29a 13.4 H 3:41p 9.7 L 8:16p 11.7 H	<b>13</b> MR: 2:29p MS: 10:47p (PDT) ft SR: 7:30a SS: 6:28p 3:49a 2.1 L 11:32a 13.2 H 4:58p 9.9 L 9:01p 10.9 H	<b>14</b> MR: 3:00p MS: 11:51p (PDT) ft SR: 7:32a SS: 6:26p 4:40a 3.0 L 12:34p 13.0 H 6:37p 9.6 L 10:06p 10.1 H	<b>15</b> MR: 3:29p MS: 12:54a (PDT) ft SR: 7:34a SS: 6:24p 5:40a 3.9 L 1:31p 12.9 H 7:59p 8.8 L 11:50p 9.6 H	<b>16</b> MR: 3:49p MS: 1:58a (PDT) ft SR: 7:35a SS: 6:22p 6:47a 4.7 L 2:19p 12.8 H 8:50p 8.0 L
<b>17</b> MR: 4:08p MS: 3:00a (PDT) ft SR: 7:37a SS: 6:20p 1:34a 9.6 H 7:54a 5.3 L 3:00p 12.7 H 9:29p 7.0 L	<b>18</b> MR: 4:25p MS: 4:02a (PDT) ft SR: 7:38a SS: 6:18p 2:50a 10.0 H 8:53a 5.8 L 3:33p 12.5 H 10:03p 6.1 L	<b>19</b> MR: 4:41p MS: 5:04a (PDT) ft SR: 7:40a SS: 6:16p 3:51a 10.7 H 9:43a 6.3 L 4:01p 12.4 H 10:34p 5.1 L	<b>20</b> MR: 4:58p MS: 6:06a (PDT) ft SR: 7:41a SS: 6:14p 4:44a 11.3 H 10:27a 6.8 L 4:24p 12.3 H 11:04p 4.2 L	<b>21</b> MR: 5:17p MS: 7:10a (PDT) ft SR: 7:43a SS: 6:12p 5:32a 12.0 H 11:06a 7.4 L 4:45p 12.2 H 11:33p 3.4 L	<b>22</b> MR: 5:39p MS: 8:15a (PDT) ft SR: 7:44a SS: 6:11p 6:16a 12.5 H 11:42a 8.0 L 5:04p 12.3 H	<b>23</b> MR: 6:05p MS: 9:21a (PDT) ft SR: 7:46a SS: 6:09p 12:03a 2.7 L 6:58a 12.9 H 12:18p 8.6 L 5:24p 12.3 H
<b>24</b> MR: 6:38p MS: 10:26a (PDT) ft SR: 7:48a SS: 6:07p 12:35a 2.1 L 7:40a 13.2 H 12:55p 9.1 L 5:46p 12.3 H	<b>25</b> MR: 7:20p MS: 11:28a (PDT) ft SR: 7:49a SS: 6:05p 1:08a 1.8 L 8:23a 13.4 H 1:35p 9.6 L 6:11p 12.3 H	<b>26</b> MR: 8:11p MS: 12:23p (PDT) ft SR: 7:51a SS: 6:03p 1:44a 1.6 L 9:09a 13.4 H 2:19p 10.0 L 6:39p 12.1 H	<b>27</b> MR: 9:12p MS: 1:10p (PDT) ft SR: 7:52a SS: 6:02p 2:24a 1.6 L 9:59a 13.5 H 3:11p 10.2 L 7:14p 11.8 H	<b>28</b> MR: 10:20p MS: 1:49p (PDT) ft SR: 7:54a SS: 6:00p 3:07a 1.8 L 10:54a 13.5 H 4:14p 10.2 L 8:01p 11.2 H	<b>29</b> MR: 11:32p MS: 2:20p (PDT) ft SR: 7:56a SS: 5:58p 3:56a 2.3 L 11:49a 13.5 H 5:34p 9.9 L 9:15p 10.6 H	<b>30</b> MR: 12:47a MS: 2:50p (PDT) ft SR: 7:57a SS: 5:56p 4:52a 3.0 L 12:41p 13.5 H 6:57p 8.9 L 11:00p 10.0 H
<b>31</b> MR: 1:02a MS: 2:13p (PST) ft SR: 6:59a SS: 4:55p 4:56a 3.9 L 12:27p 13.5 H 6:59p 7.6 L 11:53p 9.9 H						



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
www.sounddivers.com  
dave@sounddivers.com

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High November 8, 7:30a 14.6 ft  
Low November 6, 11:24p 0.1 ft

## November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> MR: 2:18a MS: 2:35p (PST) ft SR: 7:00a SS: 4:53p 6:06a 4.8 L 1:08p 13.6 H 7:48p 6.0 L	<b>2</b> MR: 3:35a MS: 2:56p (PST) ft SR: 7:02a SS: 4:51p 1:27a 10.5 H 7:16a 5.8 L 1:46p 13.6 H 8:33p 4.3 L	<b>3</b> MR: 4:53a MS: 3:19p (PST) ft SR: 7:04a SS: 4:50p 2:45a 11.5 H 8:20a 6.8 L 2:22p 13.6 H 9:16p 2.7 L	<b>4</b> MR: 6:12a MS: 3:45p (PST) ft SR: 7:05a SS: 4:48p 3:52a 12.5 H 9:18a 7.6 L 2:57p 13.6 H 9:59p 1.4 L	<b>5</b> MR: 7:29a MS: 4:16p (PST) ft SR: 7:07a SS: 4:47p 4:52a 13.4 H 10:12a 8.4 L 3:32p 13.5 H 10:42p 0.5 L	<b>6</b> MR: 8:42a MS: 4:55p (PST) ft SR: 7:08a SS: 4:45p 5:48a 14.1 H 11:03a 9.1 L 4:07p 13.3 H 11:24p 0.1 L
<b>7</b> MR: 9:48a MS: 5:41p (PST) ft SR: 7:10a SS: 4:44p 6:40a 14.4 H 11:53a 9.6 L 4:42p 13.0 H	<b>8</b> MR: 10:43a MS: 6:37p (PST) ft SR: 7:12a SS: 4:42p 12:06a 0.1 L 7:30a 14.6 H 12:44p 9.9 L 5:18p 12.6 H	<b>9</b> MR: 11:27a MS: 7:38p (PST) ft SR: 7:13a SS: 4:41p 12:48a 0.5 L 8:18a 14.5 H 1:38p 10.1 L 5:56p 11.9 H	<b>10</b> MR: 12:02p MS: 8:42p (PST) ft SR: 7:15a SS: 4:39p 1:29a 1.2 L 9:07a 14.3 H 2:40p 10.0 L 6:37p 11.2 H	<b>11</b> MR: 12:29p MS: 9:47p (PST) ft SR: 7:16a SS: 4:38p 2:11a 2.1 L 9:55a 14.1 H 3:56p 9.7 L 7:29p 10.3 H	<b>12</b> MR: 12:55p MS: 10:51p (PST) ft SR: 7:18a SS: 4:37p 2:54a 3.2 L 10:42a 13.8 H 5:21p 9.0 L 8:44p 9.5 H	<b>13</b> MR: 1:14p MS: 11:54p (PST) ft SR: 7:20a SS: 4:36p 3:39a 4.3 L 11:03a 13.5 H 6:28p 8.1 L 10:27p 8.9 H
<b>14</b> MR: 1:32p MS: 12:55a (PST) ft SR: 7:21a SS: 4:34p 4:32a 5.5 L 12:07p 13.3 H 7:14p 7.0 L	<b>15</b> MR: 1:48p MS: 1:57a (PST) ft SR: 7:23a SS: 4:33p 12:15a 9.0 H 5:36a 6.7 L 12:43p 13.0 H 7:51p 5.9 L	<b>16</b> MR: 2:05p MS: 2:59a (PST) ft SR: 7:24a SS: 4:32p 1:44a 9.7 H 6:46a 7.7 L 1:14p 12.7 H 8:24p 4.9 L	<b>17</b> MR: 2:23p MS: 4:02a (PST) ft SR: 7:26a SS: 4:31p 2:55a 10.6 H 7:52a 8.5 L 1:40p 12.5 H 8:56p 3.9 L	<b>18</b> MR: 2:44p MS: 5:07a (PST) ft SR: 7:27a SS: 4:30p 3:51a 11.6 H 8:48a 9.1 L 2:05p 12.4 H 9:27p 3.0 L	<b>19</b> MR: 3:09p MS: 6:13a (PST) ft SR: 7:29a SS: 4:29p 4:39a 12.5 H 9:36a 9.6 L 2:30p 12.4 H 9:59p 2.2 L	<b>20</b> MR: 3:41p MS: 7:19a (PST) ft SR: 7:30a SS: 4:28p 5:22a 13.2 H 10:19a 9.9 L 2:56p 12.4 H 10:32p 1.6 L
<b>21</b> MR: 4:20p MS: 8:23a (PST) ft SR: 7:32a SS: 4:27p 6:02a 13.7 H 11:00a 10.2 L 3:25p 12.5 H 11:07p 1.0 L	<b>22</b> MR: 5:10p MS: 9:21a (PST) ft SR: 7:33a SS: 4:26p 6:41a 14.1 H 11:41a 10.5 L 3:57p 12.6 H 11:44p 0.7 L	<b>23</b> MR: 6:09p MS: 10:11a (PST) ft SR: 7:35a SS: 4:25p 7:21a 14.3 H 12:25p 10.6 L 4:33p 12.5 H	<b>24</b> MR: 7:17p MS: 10:52a (PST) ft SR: 7:36a SS: 4:24p 12:23a 0.6 L 8:03a 14.4 H 1:14p 10.5 L 5:14p 12.2 H	<b>25</b> MR: 8:29p MS: 11:26a (PST) ft SR: 7:38a SS: 4:23p 1:04a 0.8 L 8:45a 14.5 H 2:11p 10.3 L 6:04p 11.7 H	<b>26</b> MR: 9:43p MS: 11:57a (PST) ft SR: 7:39a SS: 4:22p 1:47a 1.3 L 9:27a 14.6 H 3:16p 9.7 L 7:11p 10.9 H	<b>27</b> MR: 10:58p MS: 12:20p (PST) ft SR: 7:40a SS: 4:22p 2:33a 2.2 L 10:09a 14.6 H 4:28p 8.8 L 8:40p 10.1 H
<b>28</b> MR: 12:12a MS: 12:42p (PST) ft SR: 7:42a SS: 4:21p 3:23a 3.5 L 10:49a 14.5 H 5:35p 7.4 L 10:22p 9.6 H	<b>29</b> MR: 1:26a MS: 1:02p (PST) ft SR: 7:43a SS: 4:20p 4:20a 5.1 L 11:29a 14.4 H 6:32p 5.8 L	<b>30</b> MR: 2:41a MS: 1:24p (PST) ft SR: 7:44a SS: 4:20p 12:08a 9.8 H 5:27a 6.7 L 12:07p 14.2 H 7:22p 4.1 L				



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
www.sounddivers.com  
dave@sounddivers.com

# Tides-Sand Heads, Fraser River

based on VANCOUVER (NOAA)  
49° 7' N 123° 18' W

Average Tides  
Mean Range: --  
MHHW: 10.4 ft  
Mean Tide: 8.7 ft

Monthly High & Low  
High December 25, 8:51a 15.2 ft  
Low December 5, 11:05p 0.0 ft

## December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			MR: 3:57a MS: 1:48p (PST) ft SR: 7:46a SS: 4:19p 1:46a 10.6 H 6:42a 8.1 L 12:46p 14.0 H 8:09p 2.6 L	MR: 5:13a MS: 2:17p (PST) ft SR: 7:47a SS: 4:19p 3:09a 11.9 H 7:55a 9.2 L 1:25p 13.7 H 8:54p 1.4 L	MR: 6:26a MS: 2:52p (PST) ft SR: 7:48a SS: 4:18p 4:15a 13.0 H 9:02a 10.0 L 2:04p 13.5 H 9:38p 0.6 L	MR: 7:34a MS: 3:35p (PST) ft SR: 7:49a SS: 4:18p 5:09a 14.0 H 10:02a 10.4 L 2:45p 13.3 H 10:22p 0.1 L
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
MR: 8:34a MS: 4:26p (PST) ft SR: 7:51a SS: 4:18p 5:56a 14.6 H 10:55a 10.5 L 3:27p 13.0 H 11:05p 0.0 L	MR: 9:22a MS: 5:26p (PST) ft SR: 7:52a SS: 4:17p 6:40a 14.8 H 11:46a 10.5 L 4:09p 12.7 H 11:46p 0.2 L	MR: 10:01a MS: 6:30p (PST) ft SR: 7:53a SS: 4:17p 7:20a 14.9 H 12:36p 10.4 L 4:52p 12.3 H	MR: 10:31a MS: 7:36p (PST) ft SR: 7:54a SS: 4:17p 12:26a 0.7 L 7:59a 14.8 H 1:28p 10.2 L 5:36p 11.7 H	MR: 11:00a MS: 8:41p (PST) ft SR: 7:55a SS: 4:17p 1:04a 1.4 L 8:37a 14.7 H 2:24p 9.8 L 6:24p 11.0 H	MR: 11:20a MS: 9:45p (PST) ft SR: 7:56a SS: 4:17p 1:39a 2.4 L 9:13a 14.5 H 3:25p 9.2 L 7:20p 10.2 H	MR: 11:38a MS: 10:48p (PST) ft SR: 7:57a SS: 4:17p 2:13a 3.5 L 9:47a 14.3 H 4:29p 8.4 L 8:30p 9.4 H
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
MR: 11:55a MS: 11:49p (PST) ft SR: 7:58a SS: 4:17p 2:48a 4.8 L 10:19a 14.0 H 5:27p 7.4 L 9:56p 8.9 H	MR: 12:12p MS: 12:51a (PST) ft SR: 7:59a SS: 4:17p 3:25a 6.2 L 10:49a 13.6 H 6:16p 6.4 L 11:41p 9.0 H	MR: 12:30p MS: 1:53a (PST) ft SR: 7:59a SS: 4:17p 4:11a 7.6 L 11:17a 13.3 H 6:57p 5.4 L	MR: 12:49p MS: 2:56a (PST) ft SR: 8:00a SS: 4:17p 1:32a 9.7 H 5:18a 9.0 L 11:44a 12.9 H 7:35p 4.4 L	MR: 1:13p MS: 4:01a (PST) ft SR: 8:01a SS: 4:17p 2:57a 10.8 H 6:45a 10.0 L 12:13p 12.7 H 8:12p 3.5 L	MR: 1:41p MS: 5:07a (PST) ft SR: 8:02a SS: 4:17p 3:55a 11.9 H 8:04a 10.6 L 12:45p 12.6 H 8:49p 2.6 L	MR: 2:18p MS: 6:12a (PST) ft SR: 8:02a SS: 4:18p 4:40a 12.9 H 9:05a 10.9 L 1:23p 12.6 H 9:28p 1.8 L
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
MR: 3:04p MS: 7:12a (PST) ft SR: 8:03a SS: 4:18p 5:19a 13.6 H 9:56a 11.1 L 2:04p 12.8 H 10:07p 1.1 L	MR: 4:01p MS: 8:06a (PST) ft SR: 8:03a SS: 4:19p 5:56a 14.1 H 10:41a 11.1 L 2:49p 12.9 H 10:47p 0.5 L	MR: 5:07p MS: 8:52a (PST) ft SR: 8:04a SS: 4:19p 6:32a 14.4 H 11:25a 11.0 L 3:36p 13.0 H 11:28p 0.2 L	MR: 6:20p MS: 9:28a (PST) ft SR: 8:00a SS: 4:20p 7:07a 14.7 H 12:12p 10.7 L 4:27p 12.8 H	MR: 7:36p MS: 10:02a (PST) ft SR: 8:05a SS: 4:20p 12:09a 0.2 L 7:42a 14.9 H 1:03p 10.2 L 5:23p 12.4 H	MR: 8:52p MS: 10:27a (PST) ft SR: 8:05a SS: 4:21p 12:49a 0.6 L 8:16a 15.1 H 1:59p 9.4 L 6:27p 11.7 H	MR: 10:08p MS: 10:50a (PST) ft SR: 8:06a SS: 4:21p 1:31a 1.5 L 8:51a 15.2 H 2:57p 8.4 L 7:39p 10.9 H
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
MR: 11:23p MS: 11:11a (PST) ft SR: 8:06a SS: 4:22p 2:13a 2.9 L 9:25a 15.2 H 3:58p 7.1 L 9:00p 10.2 H	MR: 12:37a MS: 11:32a (PST) ft SR: 8:06a SS: 4:23p 2:59a 4.6 L 10:00a 15.0 H 4:58p 5.7 L 10:31p 9.9 H	MR: 1:51a MS: 11:55a (PST) ft SR: 8:06a SS: 4:24p 3:51a 6.5 L 10:35a 14.7 H 5:56p 4.3 L	MR: 3:05a MS: 12:22p (PST) ft SR: 8:06a SS: 4:25p 12:18a 10.2 H 4:54a 8.4 L 11:13a 14.3 H 6:50p 3.0 L	MR: 4:18a MS: 12:50p (PST) ft SR: 8:06a SS: 4:25p 2:09a 11.2 H 6:15a 9.9 L 11:53a 13.9 H 7:43p 2.0 L	MR: 5:26a MS: 1:29p (PST) ft SR: 8:06a SS: 4:26p 3:29a 12.4 H 7:40a 10.7 L 12:37p 13.5 H 8:34p 1.3 L	



**SOUND DIVERS**  
P.O. Box 114  
Bellingham, WA 98227  
360-201-7953  
[www.sounddivers.com](http://www.sounddivers.com)  
[dave@sounddivers.com](mailto:dave@sounddivers.com)