



Langara

British Columbia, Canada

54°15.20'N 133°02.41'W

All times have been adjusted for daylight saving time on the appropriate dates.

For use with **Ports and Passes, 2010**.
For detailed instructions on reading these tables, consult page 11 of your **Ports and Passes**.

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Toll Free: 1 (866) 627-8324

Fax: (250) 390-7671

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January 2010

February 2010

DAY	TIME	FT	M
1	1:50a	13.9	4.2
	7:08a	6.3	1.9
	1:14p	16.9	5.2
	8:02p	0.2	0.1
2	2:33a	14.4	4.4
	8:00a	5.9	1.8
	2:04p	16.7	5.1
	8:45p	0.4	0.1
3	3:16a	14.8	4.5
	8:52a	5.5	1.7
	2:55p	16.1	4.9
	9:28p	1.1	0.3
4	3:59a	15.0	4.6
	9:47a	5.3	1.6
	3:47p	15.2	4.6
	10:10p	2.1	0.6
5	4:43a	15.1	4.6
	10:45a	5.2	1.6
	4:42p	14.0	4.3
	10:54p	3.4	1.0
6	5:30a	15.0	4.6
	11:48a	5.2	1.6
	5:43p	12.7	3.9
	11:40p	4.8	1.5
7	6:20a	14.8	4.5
	12:57p	5.2	1.6
	6:56p	11.6	3.5
8	7:16a	14.5	4.4
	2:14p	5.0	1.5
	8:25p	11.0	3.4
9	1:37a	7.3	2.2
	8:18a	14.3	4.4
	3:28p	4.5	1.4
	9:57p	11.0	3.4
10	2:53a	8.0	2.4
	9:20a	14.3	4.4
	4:32p	3.9	1.2
	11:09p	11.5	3.5
11	4:06a	8.2	2.5
	10:18a	14.4	4.4
	5:25p	3.4	1.0
12	12:02a	12.0	3.7
	5:06a	8.0	2.4
	11:09a	14.7	4.5
	6:09p	2.9	0.9
13	12:44a	12.5	3.8
	5:53a	7.7	2.3
	11:53a	14.9	4.5
	6:47p	2.5	0.8
14	1:19a	12.9	3.9
	6:34a	7.3	2.2
	12:32p	15.0	4.6
	7:21p	2.3	0.7
15	1:51a	13.2	4.0
	7:10a	6.9	2.1
	1:09p	15.1	4.6
	7:52p	2.3	0.7

DAY	TIME	FT	M
16	2:21a	13.4	4.1
	7:46a	6.7	2.0
	1:44p	14.9	4.5
	8:22p	2.4	0.7
17	2:50a	13.6	4.1
	8:22a	6.4	2.0
	2:18p	14.6	4.5
	8:50p	2.8	0.9
18	3:19a	13.7	4.2
	8:58a	6.3	1.9
	2:53p	14.1	4.3
	9:18p	3.3	1.0
19	3:48a	13.8	4.2
	9:37a	6.2	1.9
	3:29p	13.4	4.1
	9:45p	4.0	1.2
20	4:17a	13.8	4.2
	10:18a	6.2	1.9
	4:08p	12.7	3.9
	10:13p	4.8	1.5
21	4:49a	13.8	4.2
	11:04a	6.1	1.9
	4:53p	11.9	3.6
	10:44p	5.7	1.7
22	5:24a	13.8	4.2
	11:57a	6.0	1.8
	5:49p	11.1	3.4
	11:22p	6.6	2.0
23	6:07a	13.7	4.2
	1:02p	5.8	1.8
	7:03p	10.5	3.2
24	12:11a	7.5	2.3
	7:02a	13.8	4.2
	2:17p	5.3	1.6
	8:38p	10.4	3.2
25	1:22a	8.2	2.5
	8:08a	14.0	4.3
	3:32p	4.4	1.3
	10:08p	10.8	3.3
26	2:50a	8.4	2.6
	9:18a	14.4	4.4
	4:35p	3.3	1.0
	11:14p	11.7	3.6
27	4:10a	8.0	2.4
	10:24a	15.1	4.6
	5:29p	2.1	0.6
28	12:04a	12.6	3.8
	5:14a	7.2	2.2
	11:23a	15.9	4.8
	6:17p	1.2	0.4
29	12:48a	13.6	4.1
	6:10a	6.2	1.9
	12:17p	16.5	5.0
	7:01p	0.6	0.2
30	1:29a	14.4	4.4
	7:01a	5.3	1.6
	1:08p	16.8	5.1
	7:43p	0.4	0.1
31	2:08a	15.2	4.6
	7:51a	4.5	1.4
	1:57p	16.6	5.1
	8:23p	0.7	0.2

DAY	TIME	FT	M
1	2:47a	15.7	4.8
	8:40a	3.9	1.2
	2:46p	16.0	4.9
	9:02p	1.5	0.5
2	3:26a	15.9	4.8
	9:30a	3.7	1.1
	3:35p	15.0	4.6
	9:41p	2.7	0.8
3	4:06a	15.9	4.8
	10:21a	3.8	1.2
	4:26p	13.8	4.2
	10:20p	4.1	1.3
4	4:49a	15.5	4.7
	11:17a	4.2	1.3
	5:22p	12.5	3.8
	11:02p	5.6	1.7
5	5:35a	14.9	4.5
	12:21p	4.7	1.4
	6:29p	11.4	3.5
	11:50p	6.9	2.1
6	6:29a	14.3	4.4
	1:36p	5.0	1.5
	7:59p	10.7	3.3
7	12:56a	8.1	2.5
	7:36a	13.7	4.2
	3:00p	5.0	1.5
	9:42p	10.7	3.3
8	2:27a	8.6	2.6
	8:51a	13.5	4.1
	4:12p	4.6	1.4
	10:57p	11.3	3.4
9	3:54a	8.5	2.6
	10:00a	13.6	4.1
	5:08p	4.1	1.3
	11:47p	11.9	3.6
10	4:56a	8.0	2.4
	10:55a	13.9	4.2
	5:51p	3.5	1.1
11	12:24a	12.4	3.8
	5:42a	7.4	2.3
	11:41a	14.3	4.4
	6:27p	3.1	0.9
12	12:56a	12.9	3.9
	6:21a	6.8	2.1
	12:20p	14.5	4.4
	6:58p	2.8	0.9
13	1:24a	13.3	4.1
	6:56a	6.2	1.9
	12:56p	14.7	4.5
	7:27p	2.7	0.8
14	1:50a	13.7	4.2
	7:30a	5.7	1.7
	1:30p	14.6	4.5
	7:54p	2.9	0.9
15	2:15a	14.0	4.3
	8:03a	5.2	1.6
	2:04p	14.4	4.4
	8:19p	3.2	1.0

DAY	TIME	FT	M
16	2:41a	14.3	4.4
	8:36a	4.9	1.5
	2:38p	14.0	4.3
	8:45p	3.8	1.2
17	3:06a	14.4	4.4
	9:10a	4.7	1.4
	3:12p	13.5	4.1
	9:10p	4.4	1.3
18	3:33a	14.5	4.4
	9:47a	4.7	1.4
	3:49p	12.9	3.9
	9:37p	5.2	1.6
19	4:02a	14.4	4.4
	10:27a	4.8	1.5
	4:31p	12.2	3.7
	10:06p	6.0	1.8
20	4:35a	14.3	4.4
	11:16a	4.9	1.5
	5:22p	11.4	3.5
	10:42p	6.9	2.1
21	5:18a	14.0	4.3
	12:17p	5.1	1.6
	6:32p	10.7	3.3
	11:31p	7.7	2.3
22	6:15a	13.8	4.2
	1:37p	5.0	1.5
	8:09p	10.4	3.2
23	12:49a	8.4	2.6
	7:32a	13.7	4.2
	3:02p	4.4	1.3
	9:47p	10.9	3.3
24	2:35a	8.4	2.6
	8:57a	13.9	4.2
	4:12p	3.5	1.1
	10:53p	11.9	3.6
25	4:03a	7.7	2.3
	10:12a	14.6	4.5
	5:08p	2.5	0.8
	11:40p	13.0	4.0
26	5:08a	6.4	2.0
	11:14a	15.3	4.7
	5:55p	1.7	0.5
27	12:21a	14.1	4.3
	6:01a	5.1	1.6
	12:09p	15.9	4.8
	6:38p	1.3	0.4
28	12:59a	15.1	4.6
	6:50a	3.8	1.2
	12:59p	16.1	4.9
	7:17p	1.4	0.4

March 2010

April 2010

DAY	TIME	FT	M
1	1:37a	15.8	4.8
	7:37a	2.9	0.9
	1:48p	16.0	4.9
	7:56p	1.8	0.5
2	2:14a	16.3	5.0
	8:23a	2.3	0.7
	2:35p	15.5	4.7
	8:33p	2.7	0.8
3	2:51a	16.4	5.0
	9:09a	2.3	0.7
	3:22p	14.6	4.5
	9:10p	3.8	1.2
4	3:29a	16.1	4.9
	9:56a	2.7	0.8
	4:10p	13.5	4.1
	9:49p	5.1	1.6
5	4:10a	15.5	4.7
	10:47a	3.4	1.0
	5:02p	12.4	3.8
	10:30p	6.3	1.9
6	4:54a	14.7	4.5
	11:44a	4.3	1.3
	6:05p	11.4	3.5
	11:18p	7.5	2.3
7	5:47a	13.8	4.2
	12:55p	5.0	1.5
	7:29p	10.7	3.3
8	12:25a	8.4	2.6
	6:53a	13.1	4.0
	2:19p	5.3	1.6
	9:12p	10.7	3.3
9	2:04a	8.8	2.7
	8:16a	12.7	3.9
	3:37p	5.2	1.6
	10:27p	11.2	3.4
10	3:36a	8.4	2.6
	9:33a	12.8	3.9
	4:35p	4.7	1.4
	11:15p	11.8	3.6
11	4:38a	7.7	2.3
	10:34a	13.1	4.0
	5:19p	4.2	1.3
	11:50p	12.4	3.8
12	5:23a	6.9	2.1
	11:22a	13.4	4.1
	5:54p	3.8	1.2
13	12:19a	13.0	4.0
	6:01a	6.0	1.8
	12:02p	13.8	4.2
	6:25p	3.6	1.1
14	12:45a	13.5	4.1
	7:36a	5.2	1.6
	1:39p	14.0	4.3
	7:53p	3.6	1.1
15	2:10a	14.0	4.3
	8:08a	4.5	1.4
	2:14p	14.0	4.3
	8:20p	3.8	1.2

DAY	TIME	FT	M
16	2:35a	14.4	4.4
	8:40a	3.9	1.2
	2:49p	14.0	4.3
	8:46p	4.1	1.3
17	3:00a	14.7	4.5
	9:13a	3.5	1.1
	3:23p	13.8	4.2
	9:12p	4.6	1.4
18	3:26a	14.9	4.5
	9:46a	3.3	1.0
	3:58p	13.4	4.1
	9:39p	5.1	1.6
19	3:54a	14.9	4.5
	10:22a	3.3	1.0
	4:36p	12.9	3.9
	10:07p	5.8	1.8
20	4:25a	14.8	4.5
	11:02a	3.6	1.1
	5:19p	12.3	3.8
	10:40p	6.5	2.0
21	5:01a	14.6	4.5
	11:51a	3.9	1.2
	6:11p	11.6	3.5
	11:21p	7.3	2.2
22	5:48a	14.1	4.3
	12:52p	4.3	1.3
	7:21p	11.0	3.4
23	12:19a	8.0	2.4
	6:50a	13.6	4.1
	2:09p	4.5	1.4
	8:53p	10.9	3.3
24	1:51a	8.4	2.6
	8:13a	13.3	4.1
	3:32p	4.3	1.3
	10:20p	11.5	3.5

May 2010

DAY	TIME	FT	M	DAY	TIME	FT	M	DAY	TIME	FT	M
1	3:28a 10:14a 4:43p 10:03p	15.5 1.8 12.9 6.6	4.7 0.5 3.9 2.0	16	3:03a 9:54a 4:25p 9:36p	15.6 1.3 12.8 6.6	4.8 0.4 3.9 2.0	17	3:47a 10:40a 5:13p 10:29p	15.3 1.5 12.7 6.9	4.7 0.5 3.9 2.1
2	4:09a 10:57a 5:30p 10:47p	14.9 2.5 12.4 7.2	4.5 0.8 3.8 2.2	18	4:37a 11:29a 6:06p 11:30p	14.8 2.0 12.6 7.0	4.5 0.6 3.8 2.1	19	5:33a 12:22p 7:04p	14.1 2.6 12.7	4.3 0.8 3.9
3	4:51a 11:43a 6:20p 11:38p	14.1 3.3 11.9 7.7	4.3 1.0 3.6 2.3	20	4:37a 11:29a 6:06p 11:30p	14.1 2.0 12.6 7.0	4.3 0.6 3.8 2.1	21	5:33a 12:22p 7:04p	14.1 2.6 12.7	4.3 0.8 3.9
4	5:38a 12:33p 7:18p	13.2 4.1 11.6	4.0 1.3 3.5	22	5:33a 12:22p 7:04p	14.1 2.6 12.7	4.3 0.8 3.9	23	5:33a 12:22p 7:04p	14.1 2.6 12.7	4.3 0.8 3.9
5	12:41a 6:32a 1:28p 8:23p	8.1 12.4 4.8 11.5	2.5 3.8 1.5 3.5	24	12:41a 6:32a 1:28p 8:23p	8.1 12.4 4.8 11.5	2.5 3.8 1.5 3.5	25	12:41a 6:32a 1:28p 8:23p	8.1 12.4 4.8 11.5	2.5 3.8 1.5 3.5
6	1:57a 7:37a 2:28p 9:26p	8.1 11.6 5.3 11.7	2.5 3.5 1.6 3.6	26	1:57a 7:37a 2:28p 9:26p	8.1 11.6 5.3 11.7	2.5 3.5 1.6 3.6	27	1:57a 7:37a 2:28p 9:26p	8.1 11.6 5.3 11.7	2.5 3.5 1.6 3.6
7	3:18a 8:55a 3:28p 10:18p	7.7 11.1 5.6 12.1	2.3 3.4 1.7 3.7	28	3:18a 8:55a 3:28p 10:18p	7.7 11.1 5.6 12.1	2.3 3.4 1.7 3.7	29	3:18a 8:55a 3:28p 10:18p	7.7 11.1 5.6 12.1	2.3 3.4 1.7 3.7
8	4:25a 10:12a 4:22p 10:59p	6.8 11.1 5.8 12.7	2.1 3.4 1.8 3.9	30	4:25a 10:12a 4:22p 10:59p	6.8 11.1 5.8 12.7	2.1 3.4 1.8 3.9	31	4:25a 10:12a 4:22p 10:59p	6.8 11.1 5.8 12.7	2.1 3.4 1.8 3.9
9	5:17a 11:17a 5:08p 11:34p	5.8 11.3 5.9 13.2	1.8 3.4 1.8 4.0	1	5:17a 11:17a 5:08p 11:34p	5.8 11.3 5.9 13.2	1.8 3.4 1.8 4.0	2	5:17a 11:17a 5:08p 11:34p	5.8 11.3 5.9 13.2	1.8 3.4 1.8 4.0
10	6:00a 12:10p 5:49p	4.7 11.7 5.9	1.4 3.6 1.8	3	6:00a 12:10p 5:49p	4.7 11.7 5.9	1.4 3.6 1.8	4	6:00a 12:10p 5:49p	4.7 11.7 5.9	1.4 3.6 1.8
11	12:07a 6:39a 12:56p 6:27p	13.8 3.6 12.1 6.0	4.2 1.1 3.7 1.8	5	12:07a 6:39a 12:56p 6:27p	13.8 3.6 12.1 6.0	4.2 1.1 3.7 1.8	6	12:07a 6:39a 12:56p 6:27p	13.8 3.6 12.1 6.0	4.2 1.1 3.7 1.8
12	12:39a 7:16a 1:37p 7:03p	14.4 2.7 12.5 6.0	4.4 0.8 3.8 1.8	7	12:39a 7:16a 1:37p 7:03p	14.4 2.7 12.5 6.0	4.4 0.8 3.8 1.8	8	12:39a 7:16a 1:37p 7:03p	14.4 2.7 12.5 6.0	4.4 0.8 3.8 1.8
13	1:12a 7:53a 2:18p 7:38p	14.9 2.0 12.8 6.1	4.5 0.6 3.9 1.9	9	1:12a 7:53a 2:18p 7:38p	14.9 2.0 12.8 6.1	4.5 0.6 3.9 1.9	10	1:12a 7:53a 2:18p 7:38p	14.9 2.0 12.8 6.1	4.5 0.6 3.9 1.9
14	1:46a 8:31a 2:58p 8:15p	15.3 1.5 12.9 6.2	4.7 0.5 3.9 1.9	11	1:46a 8:31a 2:58p 8:15p	15.3 1.5 12.9 6.2	4.7 0.5 3.9 1.9	12	1:46a 8:31a 2:58p 8:15p	15.3 1.5 12.9 6.2	4.7 0.5 3.9 1.9
15	2:23a 9:11a 3:40p 8:54p	15.5 1.2 12.9 6.4	4.7 0.4 3.9 2.0	13	2:23a 9:11a 3:40p 8:54p	15.5 1.2 12.9 6.4	4.7 0.4 3.9 2.0	14	2:23a 9:11a 3:40p 8:54p	15.5 1.2 12.9 6.4	4.7 0.4 3.9 2.0

LANGARA

DAY	TIME	FT	M	DAY	TIME	FT	M	DAY	TIME	FT	M
1	4:28a 11:15a 5:52p 11:18p	13.9 2.9 12.3 7.3	4.2 0.9 3.8 2.2	16	4:28a 11:15a 5:52p 11:18p	13.9 2.9 12.3 7.3	4.2 0.9 3.8 2.2	17	5:10a 11:54a 6:36p	13.2 3.6 12.2	4.0 1.1 3.7
2	5:10a 11:54a 6:36p	13.2 3.6 12.2	4.0 1.1 3.7	18	12:13a 5:57a 12:36p 7:24p	7.4 12.3 4.3 12.1	2.3 3.8 1.3 3.7	19	1:15a 6:52a 1:20p 8:13p	7.4 11.5 5.1 12.2	2.3 3.5 1.6 3.7
3	12:13a 5:57a 12:36p 7:24p	7.4 12.3 4.3 12.1	2.3 3.8 1.3 3.7	20	2:24a 7:58a 2:10p 9:02p	7.0 10.8 5.8 12.4	2.1 3.3 1.8 3.8	21	3:31a 9:15a 3:04p 9:48p	6.4 10.4 6.3 12.8	2.0 3.2 1.9 3.9
4	1:15a 6:52a 1:20p 8:13p	7.4 11.5 5.1 12.2	2.3 3.5 1.6 3.7	22	4:30a 10:31a 3:59p 10:32p	5.5 10.5 6.7 13.3	1.7 3.2 2.0 4.1	23	5:20a 11:36a 4:52p 11:14p	4.4 10.8 6.9 13.8	1.3 3.3 2.1 4.2
5	2:24a 7:58a 2:10p 9:02p	7.0 10.8 5.8 12.4	2.1 3.3 1.8 3.8	24	6:06a 12:30p 5:40p 11:56p	3.4 11.3 6.9 14.4	1.0 3.4 2.1 4.4	25	6:50a 1:18p 6:26p	2.4 11.8 6.8	0.7 3.6 2.1
6	3:31a 9:15a 3:04p 9:48p	6.4 10.4 6.3 12.8	2.0 3.2 1.9 3.9	26	1:31p 6:40p	12.1 6.9	3.7 2.1	27	12:47a 7:43a 2:16p 7:27p	14.9 1.7 12.4 6.8	4.5 0.5 3.8 2.1
7	4:30a 10:31a 3:59p 10:32p	5.5 10.5 6.7 13.3	1.7 3.2 2.0 4.1	28	1:31p 6:40p	12.1 6.9	3.7 2.1	29	1:31a 8:24a 2:55p 8:10p	15.0 1.5 12.6 6.6	4.6 0.5 3.8 2.0
8	5:20a 11:36a 4:52p 11:14p	4.4 10.8 6.9 13.8	1.3 3.3 2.1 4.2	29	2:12a 9:01a 3:32p 8:50p	15.0 1.6 12.7 6.5	4.6 0.3 3.9 2.0	30	2:51a 9:36a 4:07p 9:30p	14.8 1.8 12.8 6.5	4.5 0.5 3.9 2.0
9	6:06a 12:30p 5:40p 11:56p	3.4 11.3 6.9 14.4	1.0 3.4 2.1 4.4	31	3:28a 10:10a 4:42p 10:11p	14.4 2.2 12.8 6.5	4.4 0.7 3.9 2.0	1	4:06a 10:43a 5:16p 10:53p	13.8 2.7 12.8 6.5	4.2 0.8 3.9 2.0
10	6:50a 1:18p 6:26p	2.4 11.8 6.8	0.7 3.6 2.1	2	4:06a 10:43a 5:16p 10:53p	13.8 2.7 12.8 6.5	4.2 0.8 3.9 2.0	3	4:06a 10:43a 5:16p 10:53p	13.8 2.7 12.8 6.5	4.2 0.8 3.9 2.0
11	12:32a 7:32a 2:03p 7:11p	15.0 1.6 12.3 6.6	4.6 0.5 3.8 2.0	4	5:10a 11:54a 6:36p	13.2 3.6 12.2	4.0 1.1 3.7	5	6:06a 12:30p 5:40p 11:56p	3.4 11.3 6.9 14.4	1.0 3.4 2.1 4.4
12	1:21a 8:16a 2:46p 7:57p	15.5 1.0 12.7 6.5	4.7 0.3 3.9 2.0	6	7:08a 2:03p 7:11p	15.0 1.6 12.3 6.6	4.6 0.5 3.8 2.0	7	8:16a 2:46p 7:57p	15.5 1.0 12.7 6.5	4.7 0.3 3.9 2.0
13	2:05a 8:59a 3:30p 8:44p	15.8 0.6 13.0 6.3	4.8 0.2 4.0 1.9	8	9:01a 3:32p 8:50p	15.0 1.6 12.7 6.5	4.6 0.3 3.9 2.0	9	10:08a 4:42p 10:11p	14.4 2.2 12.8 6.5	4.4 0.7 3.9 2.0
14	2:52a 9:43a 4:15p 9:35p	15.9 0.5 13.2 6.1	4.8 0.2 4.0 1.9	10	1:31p 6:40p	12.1 6.9	3.7 2.1	11	12:47a 7:43a 2:16p 7:27p	14.9 1.7 12.4 6.8	4.5 0.5 3.8 2.1
15	3:41a 10:28a 5:00p 10:30p	15.6 0.8 13.4 6.0	4.8 0.2 4.1 1.8	12	1:31p 6:40p	12.1 6.9	3.7 2.1	13	1:31a 8:24a 2:55p 8:10p	15.0 1.5 12.6 6.6	4.6 0.5 3.8 2.0
16	4:28a 11:15a 5:52p 11:18p	13.9 2.9 12.3 7.3	4.2 0.9 3.8 2.2	14	2:52a 9:43a 4:15p 9:35p	15.9 0.5 13.2 6.1	4.8 0.2 4.0 1.9	15	3:41a 10:28a 5:00p 10:30p	15.6 0.8 13.4 6.0	4.8 0.2 4.1 1.8
17	5:10a 11:54a 6:36p	13.2 3.6 12.2	4.0 1.1 3.7	16	4:28a 11:15a 5:52p 11:18p	13.9 2.9 12.3 7.3	4.2 0.9 3.8 2.2	17	5:10a 11:54a 6:36p	13.2 3.6 12.2	4.0 1.1 3.7
18	12:13a 5:57a 12:36p 7:24p	7.4 12.3 4.3 12.1	2.3 3.8 1.3 3.7	18	5:10a 11:54a 6:36p	13.2 3.6 12.2	4.0 1.1 3.7	19	12:13a 5:57a 12:36p 7:24p	7.4 12.3 4.3 12.1	2.3 3.8 1.3 3.7
19	1:15a 6:52a 1:20p 8:13p	7.4 11.5 5.1 12.2	2.3 3.5 1.6 3.7	19	12:13a 5:57a 12:36p 7:24p	7.4 12.3 4.3 12.1	2.3 3.8 1.3 3.7	20	1:15a 6:52a 1:20p 8:13p	7.4 11.5 5.1 12.2	2.3 3.5 1.6 3.7
20	2:24a 7:58a 2:10p 9:02p	7.0 10.8 5.8 12.4	2.1 3.3 1.8 3.8	20	1:15a 6:52a 1:20p 8:13p	7.4 11.5 5.1 12.2	2.3 3.5 1.6 3.7	21	2:24a 7:58a 2:10p 9:02p	7.0 10.8 5.8 12.4	2.1 3.3 1.8 3.8
21	3:31a 9:15a 3:04p 9:48p	6.4 10.4 6.3 12.8	2.0 3.2 1.9 3.9	21	2:24a 7:58a 2:10p 9:02p	7.0 10.8 5.8 12.4	2.1 3.3 1.8 3.8	22	3:31a 9:15a 3:04p 9:48p	6.4 10.4 6.3 12.8	2.0 3.2 1.9 3.9
22	4:30a 10:31a 3:59p 10:32p	5.5 10.5 6.7 13.3	1.7 3.2 2.0 4.1	22	3:31a 9:15a 3:04p 9:48p	6.4 10.4 6.3 12.8	2.0 3.2 1.9 3.9	23	4:30a 10:31a 3:59p 10:32p	5.5 10.5 6.7 13.3	1.7 3.2 2.0 4.1
23	5:20a 11:36a 4:52p 11:14p	4.4 10.8 6.9 13.8	1.3 3.3 2.1 4.2	23	4:30a 10:31a 3:59p 10:32p	5.5 10.5 6.7 13.3	1.7 3.2 2.0 4.1	24	5:20a 11:36a 4:52p 11:14p	4.4 10.8 6.9 13.8	1.3 3.3 2.1 4.2
24	6:06a 12:30p 5:40p 11:56p	3.4 11.3 6.9 14.4	1.0 3.4 2.1 4.4	24	5:20a 11:36a 4:52p 11:14p	4.4 10.8 6.9 13.8	1.3 3.3 2.1 4.2	25	6:06a 12:30p 5:40p 11:56p	3.4 11.3 6.9 14.4	1.0 3.4 2.1 4.4
25	6:50a 1:18p 6:26p	2.4 11.8 6.8	0.7 3.6 2.1	25	6:06a 12:30p 5:40p 11:56p	3.4 11.3 6.9 14.4	1.0 3.4 2.1 4.4	26	6:50a 1:18p 6:26p	2.4 11.8 6.8	0.7 3.6 2.1
26	7:32a 2:03p 7:11p	15.0 1.6 12.3 6.6	4.6 0.5 3.8 2.0	26	6:50a 1:18p 6:26p	2.4 11.8 6.8	0.7 3.6 2.1	27	7:32a 2:03p 7:11p	15.0 1.6 12.3 6.6	4.6 0.5 3.8 2.0
27	8:16a 2:46p 7:57p	15.5 1.0 12.7 6.5	4.7 0.3 3.9 2.0	27	7:32a 2:03p 7:11p	15.0 1.6 12.3 6.6	4.6 0.5 3.8 2.0	28	8:16a 2:46p 7:57p	15.5 1.0 12.7 6.5	4.7 0.3 3.9 2.0
28	9:01a 3:32p 8:50p	15.0 1.6 12.7 6.5	4.6 0.3 3.9 2.0	28	8:16a 2:46p 7:57p	15.5 1.0 12.7 6.5	4.7 0.3 3.9 2.0	29	9:01a 3:32p 8:50p	15.0 1.6 12.7 6.5	4.6 0.3 3.9 2.0
29	10:08a 4:42p 10:11p	14.4 2.2 12.8 6.5	4.4 0.7 3.9 2.0	29	9:01a 3:32p 8:50p	15.0 1.6 12.7 6.5	4.6 0.3 3.9 2.0	30	10:08a 4:42p 10:11p	14.4 2.2 12.8 6.5	4.4 0.7 3.9 2.0
30	1:31p 6:40p	12.1 6.9	3.7 2.1	30	10:08a 4:42p 10:11p	14.4 2.2 12.8 6.5	4.4 0.7 3.9 2.0	1	1:31p 6:40p	12.1 6.9	3.7 2.1
31	12:47a 7:43a 2:16p 7:27p	14.9 1.7 12.4 6.8	4.5 0.5 3.8 2.1	31	1:31p 6:40p	12.1 6.9	3.7 2.1	2	12:47a 7:43a 2:16p 7:27p	14.9 1.7 12.4 6.8	4.5 0.5 3.8 2.1

DAY	TIME	FT	M	DAY	TIME	FT	M	DAY	TIME	FT	M
1	4:45a 11:15a 5:51p 11:40p	13.1 3.4 12.8 6.5	4.0 1.0 3.9 2.0	16	4:45a 11:15a 5:51p 11:40p	13.1 3.4 12.8 6.5	4.0 1.0 3.9 2.0	17	5:27a 11:48a 6:28p	12.3 4.2 12.7	3.8 1.3 3.9
2	5:27a 11:48a 6:28p	12.3 4.2 12.7	3.8 1.3 3.9	18	5:27a 11:48a 6:28p						

September 2010

October

November 2010

December

LANGARA

LANGARA

DAY	TIME	FT	M
1	12:50a	4.9	1.5
1	7:08a	10.7	3.3
1	12:14p	7.5	2.3
1	6:50p	13.1	4.0
2	2:03a	5.0	1.5
2	8:32a	10.3	3.1
2	1:25p	8.1	2.5
2	8:02p	13.0	4.0
3	3:26a	4.6	1.4
3	10:07a	10.6	3.2
3	3:05p	8.1	2.5
3	9:26p	13.2	4.0
4	4:39a	3.9	1.2
4	11:18a	11.4	3.5
4	4:33p	7.4	2.3
4	10:42p	13.8	4.2
5	5:37a	3.0	0.9
5	12:08p	12.4	3.8
5	5:38p	6.2	1.9
5	11:46p	14.5	4.4
6	6:26a	2.2	0.7
6	12:50p	13.5	4.1
6	6:33p	4.8	1.5
7	12:43a	15.2	4.6
7	7:09a	1.7	0.5
7	1:29p	14.5	4.4
7	7:22p	3.5	1.1
8	1:34a	15.6	4.8
8	7:50a	1.7	0.5
8	2:07p	15.4	4.7
8	8:09p	2.4	0.7
9	2:24a	15.7	4.8
9	8:30a	2.0	0.6
9	2:44p	15.9	4.8
9	8:56p	1.7	0.5
10	3:12a	15.3	4.7
10	9:09a	2.7	0.8
10	3:23p	16.2	4.9
10	9:43p	1.5	0.5
11	4:01a	14.7	4.5
11	9:48a	3.7	1.1
11	4:03p	16.0	4.9
11	10:31p	1.8	0.5
12	4:51a	13.8	4.2
12	10:29a	4.9	1.5
12	4:45p	15.5	4.7
12	11:22p	2.5	0.8
13	5:44a	12.8	3.9
13	11:14a	6.0	1.8
13	5:32p	14.7	4.5
14	12:20a	3.4	1.0
14	6:46a	11.8	3.6
14	12:06p	7.1	2.2
14	6:27p	13.8	4.2
15	1:28a	4.3	1.3
15	8:04a	11.1	3.4
15	1:16p	7.9	2.4
15	7:34p	13.0	4.0

DAY	TIME	FT	M
16	2:47a	4.8	1.5
16	9:36a	11.0	3.4
16	2:49p	8.2	2.5
16	8:55p	12.6	3.8
17	4:05a	4.8	1.5
17	10:52a	11.4	3.5
17	4:16p	7.9	2.4
17	10:14p	12.6	3.8
18	5:07a	4.6	1.4
18	11:44a	11.9	3.6
18	5:19p	7.2	2.2
18	11:17p	12.9	3.9
19	5:54a	4.3	1.3
19	12:23p	12.5	3.8
19	6:05p	6.3	1.9
20	12:06a	13.2	4.0
20	6:06a	4.0	1.2
20	12:55p	13.0	4.0
20	6:44p	5.5	1.7
21	12:49a	13.4	4.1
21	7:05a	3.9	1.2
21	1:22p	13.4	4.1
21	7:19p	4.7	1.4
22	1:27a	13.6	4.1
22	7:34a	4.0	1.2
22	1:48p	13.8	4.2
22	7:51p	4.0	1.2
23	2:02a	13.7	4.2
23	8:02a	4.2	1.3
23	2:14p	14.2	4.3
23	8:23p	3.5	1.1
24	2:37a	13.7	4.2
24	8:29a	4.5	1.4
24	2:39p	14.4	4.4
24	8:55p	3.2	1.0
25	3:11a	13.5	4.1
25	8:56a	5.0	1.5
25	3:05p	14.5	4.4
25	9:28p	3.1	0.9
26	3:45a	13.2	4.0
26	9:22a	5.5	1.7
26	3:33p	14.5	4.4
26	10:03p	3.2	1.0
27	4:22a	12.8	3.9
27	9:51a	6.1	1.9
27	4:03p	14.3	4.4
27	10:41p	3.5	1.1
28	5:03a	12.2	3.7
28	10:23a	6.8	2.1
28	4:38p	14.1	4.3
28	11:26p	3.9	1.2
29	5:52a	11.6	3.5
29	11:02a	7.4	2.3
29	5:22p	13.7	4.2
30	12:22a	4.3	1.3
30	6:55a	11.1	3.4
30	11:58a	8.0	2.4
30	6:21p	13.2	4.0

DAY	TIME	FT	M
1	1:33a	4.6	1.4
1	8:18a	11.0	3.4
1	1:24p	8.3	2.5
1	7:40p	12.8	3.9
2	2:53a	4.5	1.4
2	9:42a	11.4	3.5
2	3:07p	7.9	2.4
2	9:09p	12.8	3.9
3	4:05a	4.1	1.3
3	10:44a	12.3	3.8
3	4:28p	6.7	2.0
3	10:29p	13.3	4.1
4	5:03a	3.6	1.1
4	11:32a	13.4	4.1
4	5:28p	5.2	1.6
4	11:35p	13.9	4.2
5	5:52a	3.3	1.0
5	12:14p	14.5	4.4
5	6:20p	3.6	1.1
6	12:32a	14.5	4.4
6	6:37a	3.1	0.9
6	12:53p	15.4	4.7
6	7:07p	2.2	0.7
7	1:25a	14.9	4.5
7	7:19a	3.3	1.0
7	1:31p	16.1	4.9
7	7:53p	1.2	0.4
8	2:14a	14.9	4.5
8	7:59a	3.8	1.2
8	2:10p	16.5	5.0
8	8:38p	0.8	0.2
9	3:02a	14.7	4.5
9	8:40a	4.4	1.3
9	2:49p	16.5	5.0
9	9:23p	0.8	0.2
10	3:49a	14.2	4.3
10	9:21a	5.2	1.6
10	3:30p	16.1	4.9
10	10:10p	1.4	0.4
11	4:38a	13.6	4.1
11	10:04a	6.1	1.9
11	4:13p	15.5	4.7
11	10:59p	2.2	0.7
12	5:30a	12.8	3.9
12	10:51a	6.9	2.1
12	5:00p	14.6	4.5
12	11:52p	3.3	1.0
13	6:28a	12.1	3.7
13	11:47a	7.7	2.3
13	5:53p	13.6	4.1
14	12:52a	4.2	1.3
14	7:37a	11.6	3.5
14	12:58p	8.2	2.5
14	6:57p	12.7	3.9
15	2:01a	4.9	1.5
15	8:57a	11.6	3.5
15	2:28p	8.3	2.5
15	8:15p	12.1	3.7

DAY	TIME	FT	M
16	3:13a	5.3	1.6
16	10:07a	11.9	3.6
16	3:51p	7.8	2.4
16	9:37p	11.9	3.6
17	4:16a	5.3	1.6
17	10:58a	12.4	3.8
17	4:54p	6.9	2.1
17	10:46p	12.0	3.7
18	5:06a	5.3	1.6
18	11:36a	12.9	3.9
18	5:41p	6.0	1.8
18	11:41p	12.3	3.8
19	5:47a	5.2	1.6
19	12:08p	13.4	4.1
19	6:19p	5.0	1.5
20	12:27a	12.6	3.8
20	6:22a	5.2	1.6
20	12:37p	13.9	4.2
20	6:54p	4.1	1.3
21	1:08a	12.9	3.9
21	6:54a	5.3	1.6
21	1:04p	14.3	4.4
21	7:27p	3.3	1.0
22	1:54a	14.1	4.3
22	7:17a	5.9	1.8
22	1:23p	16.5	5.0
22	8:08p	0.8	0.2
23	2:20a	13.3	4.1
23	7:54a	5.8	1.8
23	2:00p	15.0	4.6
23	8:33p	2.4	0.7
24	2:56a	13.3	4.1
24	8:23a	6.1	1.9
24	2:29p	15.1	4.6
24	9:07p	2.3	0.7
25	3:32a	13.1	4.0
25	8:54a	6.4	2.0
25	3:00p	15.1	4.6
25	9:44p	2.4	0.7
26	4:11a	12.8	3.9
26	9:27a	6.9	2.1
26	3:35p	14.9	4.5
26	10:24p	2.7	0.8
27	4:55a	12.5	3.8
27	10:06a	7.3	2.2
27	4:16p	14.5	4.4
27	11:11p	3.1	0.9
28	5:46a	12.1	3.7
28	10:55a	7.8	2.4
28	5:05p	13.9	4.2
29	12:05a	3.6	1.1
29	6:48a	11.9	3.6
29	12:03p	8.1	2.5
29	6:07p	13.3	4.1
30	1:08a	4.1	1.3
30	7:58a	12.0	3.7
30	1:31p	8.0	2.4
30	7:26p	12.7	3.9
31	2:16a	4.4	1.3
31	9:06a	12.6	3.8
31	3:01p	7.2	2.2
31	8:54p	12.4	3.8

DAY	TIME	FT	M
1	3:23a	4.5	1.4
1	10:04a	13.4	4.1
1	4:15p	5.8	1.8
1	10:15p	12.6	3.8
2	4:23a	4.6	1.4
2	10:53a	14.3	4.4
2	5:14p	4.2	1.3
2	11:24p	13.1	4.0
3	5:17a	4.7	1.4
3	11:37a	15.2	4.6
3	6:06p	2.8	0.9
4	12:24a	13.6	4.1
4	6:05a	4.9	1.5
4	12:19p	15.9	4.8
4	6:53p	1.6	0.5
5	1:17a	14.0	4.3
5	6:50a	5.1	1.6
5	1:00p	16.4	5.0
5	7:39p	0.8	0.2
6	2:07a	14.1	4.3
6	7:34a	5.5	1.7
6	1:41p	16.6	5.1
6	8:24p	0.6	0.2
7	1:54a	14.1	4.3
7	7:17a	5.9	1.8
7	1:23p	16.5	5.0
7	8:08p	0.8	0.2
8	2:40a	13.9	4.2
8	8:01a	6.3	1.9
8	2:05p	16.0	4.9
8	8:53p	1.3	0.4
9	3:26a	13.5	4.1
9	8:45a	6.8	2.1
9	2:48p	15.4	4.7
9	9:38p	2.1	0.6
10	4:13a	13.0	4.0
10	9:33a	7.3	2.2
10	3:33p	14.5	4.4
10	10:24p	3.0	0.9
11	5:04a	12.6	3.8
11	10:27a	7.8	2.4
11	4:22p	13.6	4.1
11	11:13p	4.0	1.2
12	6:01a	12.3	3.8
12	11:31a	8.1	2.5
12	5:17p	12.6	3.8
13	12:06a	4.8	1.5
13	7:02a	12.2	3.7
13	12:48p	8.1	2.5
13	6:23p	11.8	3.6
14	1:04a	5.5	1.7
14	8:03a	12.4	3.8
14	2:08p	7.7	2.3
14	7:42p	11.2	3.4
15	2:04a	6.0	1.8
15	8:56a	12.7	3.9
15	3:15p	6.8	2.1
15	9:02p	11.1	3.4

DAY	TIME	FT	M
16	3:01a	6.3	1.9
16	9:39a	13.1	4.0
16	4:07p	5.8	1.8
16	10:09p	11.4	3.5
17	3:50a	6.5	2.0
17	10:16a	13.6	4.1
17	4:49p	4.8	1.5
17	11:02p	11.8	3.6</