

SKOOKUMCHUCK BEST VIEWING TIMES

Skookumchuck means “Strong Water”. Tidewater is forced through Skookumchuck Narrows and forms the Sechelt Rapids. The difference in water levels between one side of the rapids and the other can exceed two metres in height. Current speeds can exceed 30 km/hr. If it’s big waves you’re looking for, check out the “Flood Tide”, it can be viewed from the Roland Point viewing area. The whirlpool and tidal pool activity is found during the “Ebb Tide” and can be viewed from the North Point viewing area. There is approximately a one hour window on either side of the “Best Viewing” times, so don’t feel you need to be there right at the exact time – it’s a process. This easy hike is on a 4 km well developed trail with minimal elevation change and will take about one hour to walk.

JANUARY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30 AM +M 5:33 PM -XL	2 11:07 AM +M 6:10 PM -XL	3 11:56 AM +M 7:00 PM -XL	4 8:30 AM -S 12:49 PM +S	5 9:17 AM -S 1:39 PM +S
6 9:58 AM -S 2:24 PM +S	7 10:37 AM -S 3:46 PM +S	8 11:06 AM -S 3:46 PM +S	9 11:58 AM -S 4:27 PM +S	10 7:14 AM +XL 12:43 AM -S	11 6:20 AM +XL 1:28 PM -M 6:00 PM +S	12 6:30 AM +XL 2:09 PM -M 7:00 PM +S
13 7:09 AM +XL 2:46 PM -M	14 7:44 AM +XL 3:18 PM -L 9:31 PM +S	15 8:25 AM +L 3:51 PM -L	16 9:13 AM +L 4:29 PM -L	17 10:10 AM +M 5:20 PM -XL	18 7:19 AM -S 11:22 AM +S 6:34 PM -XL	19 8:28 AM -S 12:40 PM +S 8:02 PM -XL
20 9:23 AM -S 1:47 PM +S 9:20 PM -XL	21 10:12 AM -S 2:43 PM +S	22 11:01 AM -S 3:34 PM +M	23 6:13 AM +XL 11:46 AM +S	24 6:44 AM +XL 5:14 PM +M	25 7:08 AM +XL 6:12 PM +S	26 7:23 AM +XL 2:04 PM -L
27 7:28 AM +XL 2:35 PM -L	28 7:38 AM +L 3:04 PM -L	29 8:01 AM +M 3:32 PM -L	30 8:32 AM +M 4:03 PM -L	31 9:18 AM +S 4:39 PM -L		

S = Small M = Medium	X = Large XL = Extra Large	+ = Flood Tide - = Ebb Tide
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(for recreational use only, for accurate navigational times please refer to the official 2008 Tide Table)

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FEBRUARY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 11:01 AM +S 5:39 PM -L	2 7:53 AM -S 12:21 PM +S 6:52 PM -L
3 8:43 AM -S 1:18 PM +S 7:50 PM -L	4 9:25 AM -S 2:08 PM +S 8:38 -XL	5 10:05 AM -S 2:53 +M 9:19 PM -XL	6 10:45 AM -S 3:37 PM +M	7 11:26 AM -M 4:21 PM +M	8 12:09 PM -M 5:08 PM +M	9 5:34 AM +XL 12:29 PM -M 6:00 PM +M
10 8:10 AM -M 6:58 PM +M	11 6:30 AM +XL 1:53 AM -L 8:02 PM +M	12 7:06 AM +L 2:25 PM -L	13 7:47 AM +L 3:03 PM -XL	14 8:36 AM +M 3:53 PM -L	15 9:43 AM +S 5:04 PM -L	16 11:21 AM +S 6:34 PM -L
17 8:10 AM -S 12:42 PM +S 7:57 PM -XL	18 9:41 AM -S 1:14 PM +S	19 10:13 AM -S 2:37 PM +M	20 11:03 AM -M 3:26 PM +M	21 11:44 AM -M 4:19 PM +M	22 12:16 PM -M 5:11 PM +M	23 12:37 PM -L 6:06 PM +M
24 12:59 PM -L 7:01 PM +M	25 6:11 AM +L 1:23 PM -L 7:54 PM +M	26 6:35 AM +L 1:47 PM -L	27 7:04 AM +M 2:08 PM -L	28 7:41 AM +S 2:32 PM -L	29 8:29 AM +S 3:22 PM -L	

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MARCH 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:03 AM+S 4:43 PM -L
2 7:25 AM -S 12:00 AM +S 6:03 PM -L	3 8:20 AM -M 1:04 PM +M 7:10 PM -L	4 9:05 AM -M 1:54 PM +M 8:04 PM -L7	5 9:46 AM -M 2:41 PM +L 9:04 PM -XL	6 10:25 AM -M 3:27 PM +L 9:49 PM -L	7 11:00 AM -L 4:15 PM +L	8 11:32 AM -L 5:14 PM +XL
9 12:02 AM -L 6:06 PM +XL	10 1:30 PM -XL 8:00 PM +XL	11 7:02 AM +XL 8:57 PM +XL	12 7:32 AM +L 2:30 PM -XL	13 8:17 AM +L 3:28 PM -XL	14 9:15 AM +M 4:37 PM -XL	15 10:41 AM +S 5:53 PM -XL
16 8:00 AM -S 12:26 PM +S 7:13 PM -L	17 9:10 AM -M 1:43 PM +M 8:28 PM -L	18 10:02 AM -M 2:43 PM +M 9:22 PM -L	19 10:45 AM -M 3:48 PM +L	20 11:22 AM -L 4:40 PM +L	21 11:53 AM -L 5:30 PM +L	22 12:19 PM -L 6:17 PM +L
23 12:39 PM -L 7:03 PM +XL	24 6:06 AM +L 12:56 PM -XL 7:58 PM +XL	25 6:21 AM +L 12:53 PM -XL 8:39 PM +XL	26 6:50 AM +L 12:59 PM -XL 9:26 PM +XL	27 7:24 AM +M 1:23 PM -XL 9:41 PM +XL	28 8:05 AM +S 2:09 PM -L	29 8:59 AM +S 3:33 PM -L
30 6:40 AM -S 10:40 AM +S 5:07 -L	31 7:46 AM -M 12:41 PM +S 6:22 PM -L					

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APRIL 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:40 AM –M 1:27 PM +M 7:27 PM -L	2 9:24 AM –M 2:40 PM +M 8:35 PM -L	3 10:03 AM –M 3:29 PM +L 9:32 PM -L	4 10:37 AM –L 4:18 PM +XL	5 11:07 AM –L 5:18 PM +XL
6 11:35 AM –L 6:09 PM +XL	7 12:03 AM –XL 7:00 PM +XL	8 11:16 AM –XL 7:53 PM +XL	9 6:23 AM +L 1:02 PM –XL 8:50 PM +XL	10 7:08 AM +M 2:08 PM –XL 9:50 PM +XL	11 8:01 AM +M 3:19 PM -XL	12 9:10 AM +S 4:30 PM -L
13 6:28 AM –M 10:53 AM +S 5:40 PM -L	14 7:47 AM –M 12:38 PM +S 6:49 PM -L	15 8:46 AM –M 1:50 PM +M 7:58 PM -L	16 9:33 AM –L 2:59 PM +M 9:04 PM -L	17 10:11 AM –L 3:53 PM +L 9:54 PM -M	18 10:43 AM –L 4:42 PM +L	19 11:06 AM –L 5:29 PM +XL
20 11:16 AM –L 6:13 PM +XL	21 11:19 AM –XL 6:55 PM +XL	22 11:17 AM –XL 7:37 PM +XL	23 11:24 AM –XL 8:18 PM +XL	24 6:22 AM +M 11:55 AM –XL 8:20 PM +XL	25 7:02 AM +S 12:43 PM –XL 8:54 PM +XL	26 7:48 AM +S 1:57 PM –L 9:33 PM +XL
27 8:46 AM +S 3:21 PM -L	28 6:06 AM –M 4:35 PM -L	29 7:05 AM –M 5:43 PM -L	30 7:54 AM –M 1:30 PM +M 6:49 PM -L			

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MAY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:35 AM -L 2:35 PM +L 7:55 PM -L	2 9:10 AM -L 3:17 PM +L 9:06 PM +M	3 9:40 PM -XL 4:19 PM +XL
4 9:42 AM -XL 5:12 PM +XL	5 10 :17 AM -XL 6:06 PM +XL	6 11:02 AM -XL 6:59 PM +XL	7 12:02 PM -XL 7:52 PM +XL	8 6:07 AM +M 1:06 PM -XL 8:45 PM +XL	9 6:59 AM +M 2:11 PM -XL 9:39 PM +XL	10 7:59 AM +S 3:17 PM -XL 10:36 PM +XL
11 9:17 AM +S 3:21 PM -L	12 11:16 AM +S 5:12 PM -L	13 12:47 PM +S 6:24 PM -M	14 8:10 AM -L 2:00 PM +M 7:33 PM -M	15 8:54 AM -L 3:01 PM +M 8:47 PM -S	16 9:29 AM -L 3:56 PM +L 9:50 PM -S	17 11:02 AM -L 4:46 PM +XL
18 11:28 AM -L 5:32 +XL	19 10:30 AM -L 6:14 PM +XL	20 10:38 AM -XL 6:54 PM +XL	21 10:35 AM -XL 7:31 PM +XL	22 11:18 AM -L 8:08 PM +XL	23 6:10 AM +M 12:16 PM -XL 8:43 PM +XL	24 6:53 AM +S 1:10 PM -XL 8:20 PM +XL
25 7:42 AM +S 2:06 PM -L 8:56 PM +XL	26 8:43 AM +S 3:04 PM -L	27 10:22 AM +S 4:05 PM -L	28 6:20 AM -M 12:03 PM +S 5:09 PM +L	29 7:03 AM -L 1:09 PM +M 5:20 PM -L	30 7:39 AM -L 2:06 PM +L 7:44 PM -M	31 7:39 AM -L 3:16 PM +L 9:09 PM -S

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JUNE 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:13 AM -XL 4:17 PM +XL	2 8:59 AM -XL 5:15 PM +XL	3 10:11 AM -XL 6:10 PM +XL	4 11:19 AM -XL 7:02 PM +XL	5 12:17 PM -XL 7:51 PM +XL	6 1:15 PM -XL 8:30 PM +XL	7 6:57 AM +M 2:16 PM -XL 9:21 PM +XL
8 8:01 AM +S 3:15 PM -L	9 9:32 AM +S 3:51 PM -L	10 11:22 AM +S 4:49 PM -M	11 6:32 AM -L 12:33 PM +M 6:01 PM -M	12 7:24 AM -L 1:51 PM +M 7:14 PM -S	13 9:02 AM -L 2:58 PM +L 8:30 PM -S	14 8:50 AM -L 3:37 PM +L 9:33 PM -S
15 10:30 AM -L 4:47 PM +XL	16 10:59 AM -L 5:31 PM +XL	17 10:32 AM -L 6:13 PM +XL	18 10:52 AM -XL 6:49 PM +XL	19 11:22 AM -XL 7:26 PM +XL	20 11:55 AM -XL 7:58 PM +XL	21 6:04 AM +M 12:31 PM -XL 8:26 PM +XL
22 6:49 AM +M 1:10 PM -XL 8:52 PM +XL	23 7:40 AM +S 1:54 PM -L 9:18 PM +XL	24 8:47 AM +S 2:44 PM -L 9:45 PM +XL	25 10:17 AM +S 3:41 PM -L	26 11:38 AM +M 4:49 PM -M	27 6:08 AM -L 12:43 PM +M 6:15 PM -S	28 6:15 AM -L 2:03 PM +L 7:49 PM -S
29 6:53 AM -XL 3:15 PM +XL 9:05 PM -S	30 7:54 AM -XL 4:21 PM +XL					

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JULY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:26 AM -XL 5:20 PM +XL	2 10:38 AM -XL 6:10 PM +XL	3 11:36 AM -XL 6:58 PM +XL	4 12:34 PM -XL 7:39 PM +XL	5 1:33 PM -XL 8:16 PM +XL
6 6:57 AM +M 1:56 PM -XL 8:50 PM +XL	7 8:17 AM +M 2:41 PM -L 9:21 PM +XL	8 9:38 AM +M 3:29 PM -L 9:51 PM +XL	9 10:56 AM +M 4:26 PM -M	10 12:15 PM +M 5:38 PM -S	11 6:16 AM -L 1:34 PM +M 6:51 PM -S	12 7:01 AM -L 1:44 PM +L 8:06 PM -S
13 8:57 AM -L 3:32 PM +L 9:10 PM -S	14 9:44 AM -L 4:38 PM +XL	15 10:14 AM -L 5:19 PM +XL	16 10:20 AM -XL 6:00 PM +XL	17 10:44 AM -XL 6:37 PM +XL	18 11:13 AM -XL 7:08 PM +XL	19 11:45 AM -XL 7:34 PM +XL
20 12:20 PM -XL 7:54 PM +XL	21 6:47 AM +M 1:09 PM -XL 8:11 PM +XL	22 7:43 AM +M 1:49 PM -L 8:30 PM +XL	23 8:50 AM +M 2:31 PM -L 8:52 PM +XL	24 10:01 AM +M 3:37 PM -M 9:21 PM +XL	25 11:17 AM +M 4:55 PM -S 9:58 PM +L	26 12:35 PM +L 6:21 PM -S
27 1:59 PM +L 7:44 PM -S	28 6:52 AM -XL 3:14 PM +XL 8:53 -S	29 8:25 AM -XL 4:25 PM +XL	30 9:51 AM -XL 5:12 PM +XL	31 10:58 AM -XL 5:58 PM +XL		

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AUGUST 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 11:56 AM -XL 6:37 PM +XL	2 12:12 PM -XL 7:10 PM +XL
3 6:09 AM -M 12:55 PM -XL 7:38 PM +XL	4 7:10 AM +M 1:35 PM -L 8:03 +XL	5 8:15 AM +M 1:18 PM -L 8:33 PM +XL	6 9:15 AM +M 3:08 PM -M 8:48 PM +L	7 10:27 AM +L 4:14 PM -M 9:10 PM +L	8 11:41 AM +L 5:14 PM -S	9 12:58 PM +L 6:22 PM -S
10 2:08 PM +L 7:34 PM -S	11 6:49 AM -L 3:10 PM +L 8:50 PM -S	12 8:01 AM -L 4:03 PM +XL 9:46 PM -S	13 8:59 AM -L 4:50 PM +XL	14 9:42 AM -XL 5:29 +XL	15 10:17 AM -XL 6:02 PM +XL	16 11:17 AM -XL 6:28 PM +XL
17 11:44 AM -XL 6:46 PM +XL	18 12:20 PM -XL 6:59 PM +XL	19 6:48 AM +L 12:59 -L 7:13 PM +XL	20 7:43 AM +L 1:43 PM -L 7:32 PM +XL	21 8:49 AM +L 2:35 PM -M 7:58 PM +L	22 9:51 AM +L 3:41 PM -M 8:32 PM +L	23 11:03 AM +L 4:49 PM -S 9:11 PM +M
24 12:25 PM +L 6:14 PM -S	25 1:26 PM +L 7:30 PM -S	26 7:05 AM -XL 2:56 PM +XL 8:62 PM -S	27 8:33 AM -XL 3:56 PM +XL 9:57 PM -S	28 9:45 AM -XL 4:45 PM +XL	29 10:20 AM -XL 5:25 PM +XL	30 11:10 AM -XL 5:57 PM +XL
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SEPTEMBER 2008

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	1 6:13 AM +L 12:35 PM -L 6:45 PM +XL	2 7:07 AM +L 1:17 PM -L 6:55 PM +L	3 8:01 AM +L 2:04 PM -M 7:22 PM +L	4 8:56 AM +L 3:02 PM -M 7:44 PM +M	5 9:55 AM +L 3:21 PM -M 8:11 PM +M	6 10:59 AM +L 4:27 PM -S 8:45 PM +S
7 11:41 AM +L 5:49 PM -S 9:27 PM +S	8 1:22 PM +L 7:08 PM -S	9 2:38 PM +L 7:23 PM -S	10 7:05 AM -L 3:13 PM +XL 9:17 PM -S	11 8:06 -L 3:59 PM +XL	12 9:07 AM -L 4:36 PM +XL	13 9:56 AM -XL 5:04 PM +XL
14 10:41 AM -XL 5:23 PM +XL	15 11:17 AM -XL 5:38 PM +L	16 12:08 PM -L 5:52 PM +L	17 6:54 AM +XL 1:03 PM -L 6:13 PM +L	18 7:46 AM +XL 1:48 PM -M 8:40 PM +L	19 8:41 AM +XL 2:50 PM -M 7:08 PM +L	20 9:43 AM +XL 3:46 PM -S 7:54 PM +M
21 10:53 AM +XL 4:49 PM -S 8:48 PM +M	22 11:34 AM +XL 6:00 PM -S	23 1:17 PM +XL 7:34 PM -S	24 6:59 AM -L 2:30 PM +XL 8:43 PM -M	25 8:00 AM -L 3:14 PM +XL 9:44 PM -M	26 9:05 AM -L 3:58 PM +XL	27 10:02 AM -L 4:41 PM +XL
28 10:53 AM -L 5:05 PM +XL	29 11:40 AM -L 5:22 PM +L	30 6:12 AM +XL 12:25 PM -M 5:36 PM +L				

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OCTOBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7:00 AM +XL 1:17 PM -M 5:54 PM +M	2 7:47 AM +XL 1:57 PM -M 6:18 PM +M	3 8:35 AM +XL 2:40 PM -M 6:46 PM +M	4 9:25 AM +XL 3:27 PM -M 7:19 PM +S
5 10:17AM+XL 4:18 PM -S 7:59 PM +S	6 10:35 PM +L 5:25 PM -S 8:51 PM +S	7 12:37 PM +L 6:15 PM -S	8 1:40 PM +L 7:48 PM -M	9 6:13 AM -M 1:57 PM +L 8:39 PM -M	10 7:16 AM -L 2:41 PM +L 9:21 PM -M	11 8:17 AM -M 3:16 +L
12 9:18 AM -L 3:43 PM +L	13 10:20 AM -L 4:05 PM +L	14 11:20 AM -L 4:28 PM +L	15 12:14 PM -M 4:47 PM +L	16 6:51 AM +XL 1:03 PM -M 5:23 PM +L	17 7:43 AM +XL 1:51 PM -M 6:03 PM +M	18 8:39 AM +XL 2:41 PM -M 6:48 PM +M
19 9:37 AM +XL 3:34 PM -S 7:39 PM +M	20 10:37 AM +XL 4:56 PM -M 8:44 PM +S	21 11:37 AM +XL 6:06 PM -M	22 12:36 PM +XL 7:26 PM -M	23 6:26 AM -L 1:29 PM +XL 8:27 PM -M	24 7:38 AM -L 2:17 PM +XL 9:16 PM -L	25 8:46 AM -L 2:56 PM +L 9:59 PM -L
26 9:50 AM -M 3:36 +L	27 10:47 AM -M 4:01 PM +L	28 11:40 AM -M 4:24 PM +M	29 12:21 PM -M 4:48 PM +M	30 6:57 AM +XL 5:15 PM +M	31 7:39 AM +XL 1:38 PM -M 5:45 PM +M	

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Skookumchuck means “Strong Water”. Tidewater is forced through Skookumchuck Narrows and forms the Sechelt Rapids. The difference in water levels between one side of the rapids and the other can exceed two metres in height. Current speeds can exceed 30 km/hr. If it’s big waves you’re looking for, check out the “Flood Tide”, it can be viewed from the Roland Point viewing area. The whirlpool and tidal pool activity is found during the “Ebb Tide” and can be viewed from the North Point viewing area. There is approximately a one hour window on either side of the “Best Viewing” times, so don’t feel you need to be there right at the exact time – it’s a process. This easy hike is on a 4 km well developed trail with minimal elevation change and will take about one hour to walk.

NOVEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:20 AM +XL 6:19 PM +S
2 9:00 +XL 3:02 PM -M 6:57 PM +S	3 7:50 AM +XL 3:00 PM -M 6:40 PM +S	4 8:23 AM +XL 3:58 PM -M 7:35 PM +S	5 9:04 AM +XL 4:26 PM -M	6 10:38 AM +L 4:03 PM -M	7 11:29 AM +L 6:49 PM -M	8 12:02 PM +L 7:27 PM -L
9 6:46 AM -M 12:47 PM +M 7:59 PM -L	10 8:07 AM -M 1:23 PM +M 8:28 PM -L	11 9:17 AM -M 1:53 PM +M 8:34 PM -XL	12 10:15 AM -M 2:34 PM +M	13 11:04 AM -M 3:17 PM +M	14 11:51 AM -M 4:02 PM +M	15 6:44 AM +XL 12:37 PM -M 4:49 PM +M
16 7:34 AM +XL 1:26 PM -M 5:40 PM +M	17 8:23 AM +XL 2:33 PM -M 6:37 PM +S	18 9:12 AM +XL 3:39 PM -M 7:49 PM +S	19 9:59 AM +L 4:49 PM -M	20 10:45 AM +XL 5:55 PM -L	21 11:29 AM +XL 6:49 PM -L	22 6:21 AM -M 12:10 PM +L 7:36 PM -XL
23 7:39 AM -S 12:48 PM +L	24 8:46 AM -S 1:25 PM +M	25 9:39 AM -S 2:00 PM +M	26 10:23 AM -M 2:44 PM +M	27 11:02 AM -M 3:17 PM +M	28 11:39 AM -M 3:52 PM +M	29 6:31 AM +XL 12:25 PM -M 4:27 PM +M
30 7:06 AM +XL 1:05 PM -M 5:05 PM +S						

S = Small	X = Large	+ = Flood Tide
M = Medium	XL = Extra Large	- = Ebb Tide

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DECEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7:38 AM +XL 1:49 PM -M 5:45 PM +S	2 7:11 AM +XL 2:36 PM -M 6:31 PM +S	3 7:37 AM +XL 3:26 PM -M 7:30 PM +S	4 8:11 AM +XL 4:18 PM -M	5 9:37 AM +XL 5:05 PM -L	6 10:11 AM +XL 5:45 PM -L
7 10:50 AM +L 6:21 PM -L	8 6:32 AM -S 11:33 AM +L 6:20 PM -L	9 8:00 AM -S 12:16 PM +M 6:57 PM -XL	10 9:06 AM -S 1:13 PM +M 7:53 PM -XL	11 9:59 AM -S 2:10 PM +M	12 10:47 AM -S 3:02 PM +M	13 11:41 AM -M 3:53 PM +M
14 6:36 AM +XL 12:30 PM -M 4:44 PM +M	15 7:18 AM +XL 1:23 PM -M 5:37 PM +M	16 7:57 AM +XL 2:18 PM -M 6:37 PM +S	17 8:35 AM +XL 3:09 PM -L 8:08 PM +S	18 9:12 AM +XL 4:09 PM -L	19 9:48 AM +XL 5:09 PM -L	20 10:24 AM +XL 5:58 PM -XL
21 11:01 AM +L 7:35 PM -XL	22 7:15 AM -S 11:44 +M 8:29 PM -XL	23 8:25 AM -S 12:34 PM +M	24 9:19 AM -S 1:36 PM +S	25 10:02 AM -S 2:19 PM +S	26 10:50 AM -M 2:59 PM +M	27 11:27 AM -M 3:37 PM +M
28 6:15 AM +XL 12:04 PM -M 4:15 PM +M	29 6:44 AM +XL 12:43 PM -M 4:55 PM +M	30 7:07 AM +XL 1:24 PM -M 5:37 PM +M	31 7:28 AM +XL 2:05 PM -M 6:27 PM +S			

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