

Ano Nuevo Island, CA - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:10	5.9	11:06	4.5	3:22	2.5	4:15	-1.1	7:22	5:02	●
2	Fri	9:53	5.7	11:46	4.5	4:11	2.5	4:55	-1.0	7:23	5:03	●
3	Sat	10:36	5.4			4:59	2.4	5:33	-0.7	7:23	5:04	●
4	Sun	12:24	4.5	11:18 AM	4.9	5:47	2.4	6:10	-0.4	7:23	5:05	●
5	Mon	1:00	4.5	12:01	4.5	6:37	2.4	6:47	0.1	7:23	5:05	◐
6	Tue	1:36	4.5	12:49	4.0	7:32	2.3	7:25	0.6	7:23	5:06	◐
7	Wed	2:12	4.5	1:44	3.4	8:34	2.2	8:06	1.1	7:23	5:07	◐
8	Thu	2:51	4.6	2:55	3.0	9:41	1.9	8:52	1.6	7:23	5:08	◐
9	Fri	3:33	4.7	4:25	2.8	10:49	1.6	9:47	2.1	7:23	5:09	◐
10	Sat	4:17	4.8	6:00	2.9	11:49	1.2	10:48	2.5	7:23	5:10	◐
11	Sun	5:04	4.9	7:14	3.1			12:40	0.7	7:22	5:11	◐
12	Mon	5:50	5.1	8:08	3.4			1:24	0.3	7:22	5:12	◐
13	Tue	6:36	5.4	8:51	3.7	12:43	2.8	2:03	-0.1	7:22	5:13	○
14	Wed	7:20	5.6	9:30	3.9	1:32	2.8	2:40	-0.5	7:22	5:14	○
15	Thu	8:04	5.7	10:06	4.1	2:16	2.7	3:17	-0.8	7:22	5:15	○
16	Fri	8:48	5.8	10:41	4.4	3:00	2.6	3:53	-1.0	7:21	5:16	○
17	Sat	9:32	5.8	11:17	4.5	3:44	2.3	4:31	-1.1	7:21	5:17	○
18	Sun	10:19	5.7	11:54	4.7	4:30	2.1	5:09	-1.0	7:20	5:18	○
19	Mon	11:07	5.4			5:20	1.9	5:49	-0.7	7:20	5:19	○
20	Tue	12:32	4.9	12:00	4.9	6:14	1.6	6:30	-0.2	7:20	5:20	○
21	Wed	1:13	5.1	1:00	4.3	7:14	1.4	7:15	0.4	7:19	5:21	○
22	Thu	1:57	5.3	2:11	3.8	8:22	1.2	8:05	1.0	7:19	5:22	○
23	Fri	2:46	5.4	3:37	3.4	9:37	0.9	9:04	1.7	7:18	5:23	○
24	Sat	3:40	5.5	5:14	3.3	10:53	0.5	10:13	2.2	7:18	5:24	◐
25	Sun	4:38	5.6	6:40	3.5			12:03	0.1	7:17	5:25	◐
26	Mon	5:38	5.7	7:46	3.8			1:03	-0.3	7:16	5:26	◐
27	Tue	6:34	5.7	8:39	4.1	12:36	2.6	1:54	-0.6	7:16	5:28	◐
28	Wed	7:27	5.8	9:23	4.3	1:36	2.5	2:40	-0.7	7:15	5:29	◐
29	Thu	8:15	5.7	10:03	4.5	2:28	2.4	3:20	-0.8	7:14	5:30	◐
30	Fri	9:00	5.6	10:38	4.5	3:16	2.2	3:57	-0.7	7:13	5:31	◐
31	Sat	9:42	5.4	11:11	4.6	4:00	2.1	4:32	-0.5	7:13	5:32	●