



































Antioch, CA - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:46	3.3	5:08	3.5	12:09	-0.2	12:10	1.6	7:23	4:58	
2	Fri	7:15	3.4	6:07	3.1	12:38	0.0	1:13	1.4	7:23	4:59	
3	Sat	7:44	3.6	7:29	2.7	1:11	0.3	2:28	1.2	7:23	5:00	
4	Sun	8:17	3.9	9:25	2.5	1:49	0.6	3:47	1.0	7:23	5:01	
5	Mon	8:58	4.1	10:53	2.4	2:35	0.9	5:01	0.6	7:23	5:02	
6	Tue	9:44	4.3			3:27	1.2	6:07	0.1	7:23	5:03	
7	Wed	12:03	2.5	10:33 AM	4.5	4:25	1.4	7:04	-0.2	7:23	5:04	
8	Thu	1:05	2.6	11:25 AM	4.7	5:28	1.5	7:57	-0.5	7:23	5:04	
9	Fri	2:01	2.7	12:17	4.8	6:33	1.6	8:46	-0.6	7:23	5:05	
10	Sat	2:53	2.8	1:11	4.8	7:37	1.5	9:32	-0.7	7:23	5:06	
11	Sun	3:42	2.9	2:05	4.7	8:38	1.5	10:15	-0.7	7:22	5:07	
12	Mon	4:29	3.1	3:00	4.5	9:39	1.4	10:56	-0.5	7:22	5:08	
13	Tue	5:14	3.3	3:56	4.2	10:38	1.3	11:34	-0.4	7:22	5:09	
14	Wed	5:58	3.5	4:54	3.9	11:39	1.2			7:22	5:10	
15	Thu	6:42	3.7	6:01	3.4	12:12	-0.1	12:43	1.1	7:21	5:11	
16	Fri	7:27	3.9	7:16	3.0	12:49	0.2	1:51	1.0	7:21	5:12	
17	Sat	8:14	4.0	8:36	2.7	1:28	0.5	3:02	0.8	7:21	5:14	
18	Sun	9:02	4.1	9:51	2.6	2:10	0.9	4:13	0.6	7:20	5:15	
19	Mon	9:50	4.2	11:00	2.6	2:58	1.2	5:19	0.2	7:20	5:16	
20	Tue	10:36	4.2			3:52	1.4	6:17	0.0	7:19	5:17	
21	Wed	12:01	2.7	11:19 AM	4.2	4:48	1.6	7:06	-0.2	7:19	5:18	
22	Thu	12:55	2.8	11:58 AM	4.2	5:43	1.7	7:51	-0.3	7:18	5:19	
23	Fri	1:44	2.9	12:32	4.2	6:33	1.8	8:30	-0.4	7:17	5:20	
24	Sat	2:29	3.0	1:02	4.2	7:21	1.8	9:06	-0.3	7:17	5:21	
25	Sun	3:10	3.1	1:33	4.2	8:05	1.8	9:38	-0.3	7:16	5:22	
26	Mon	3:48	3.2	2:05	4.2	8:49	1.7	10:08	-0.2	7:15	5:23	
27	Tue	4:22	3.3	2:42	4.1	9:32	1.7	10:34	-0.1	7:15	5:25	
28	Wed	4:51	3.4	3:23	4.0	10:15	1.6	10:59	0.0	7:14	5:26	
29	Thu	5:13	3.5	4:08	3.7	11:01	1.5	11:23	0.2	7:13	5:27	
30	Fri	5:32	3.7	4:58	3.4	11:52	1.3	11:51	0.4	7:12	5:28	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	5:55	3.9	6:01	3.0			12:54	1.2	7:12	5:29	