






























## Antioch, CA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:03	4.2	1:36	3.0	7:46	-0.2	6:34	1.7	6:10	8:16	
2	Sun	12:48	4.2	2:25	3.1	8:31	-0.3	7:27	1.7	6:11	8:15	
3	Mon	1:27	4.2	3:10	3.2	9:12	-0.3	8:15	1.7	6:12	8:14	
4	Tue	2:02	4.1	3:50	3.2	9:49	-0.3	9:00	1.7	6:13	8:13	
5	Wed	2:34	4.1	4:28	3.3	10:21	-0.2	9:43	1.6	6:14	8:12	
6	Thu	3:05	4.0	5:01	3.4	10:50	-0.1	10:25	1.6	6:14	8:11	
7	Fri	3:38	3.9	5:28	3.5	11:16	0.1	11:06	1.5	6:15	8:10	
8	Sat	4:16	3.8	5:49	3.6	11:40	0.2	11:49	1.4	6:16	8:08	
9	Sun	4:58	3.6	6:04	3.7			12:02	0.3	6:17	8:07	
10	Mon	5:46	3.4	6:24	3.9	12:35	1.3	12:28	0.5	6:18	8:06	
11	Tue	6:45	3.1	6:56	4.1	1:28	1.1	1:00	0.8	6:19	8:05	
12	Wed	8:16	2.7	7:37	4.2	2:35	1.0	1:40	1.1	6:20	8:04	
13	Thu	10:00	2.6	8:29	4.3	3:53	0.9	2:30	1.3	6:21	8:02	
14	Fri	11:20	2.6	9:30	4.3	5:11	0.6	3:31	1.6	6:21	8:01	
15	Sat			12:26	2.7	6:19	0.3	4:45	1.7	6:22	8:00	
16	Sun			1:23	2.8	7:18	0.0	6:00	1.7	6:23	7:59	
17	Mon			2:12	3.0	8:09	-0.2	7:09	1.5	6:24	7:57	
18	Tue	12:50	4.6	2:57	3.1	8:55	-0.3	8:11	1.4	6:25	7:56	
19	Wed	1:48	4.6	3:39	3.3	9:37	-0.2	9:10	1.2	6:26	7:55	
20	Thu	2:43	4.5	4:19	3.5	10:16	-0.2	10:08	1.0	6:27	7:53	
21	Fri	3:38	4.3	4:57	3.7	10:54	0.0	11:05	0.8	6:28	7:52	
22	Sat	4:34	4.0	5:34	3.8	11:29	0.2			6:28	7:51	
23	Sun	5:33	3.7	6:11	4.0	12:02	0.7	12:04	0.5	6:29	7:49	
24	Mon	6:37	3.3	6:48	4.0	1:01	0.6	12:39	0.8	6:30	7:48	
25	Tue	7:47	3.0	7:30	4.0	2:03	0.6	1:17	1.0	6:31	7:46	
26	Wed	9:00	2.8	8:20	4.0	3:08	0.5	2:02	1.3	6:32	7:45	
27	Thu	10:12	2.8	9:23	3.9	4:16	0.4	2:58	1.6	6:33	7:44	
28	Fri	11:18	2.9	10:31	3.9	5:22	0.2	4:05	1.7	6:34	7:42	
29	Sat			12:16	3.0	6:21	0.0	5:13	1.7	6:34	7:41	
30	Sun			1:07	3.1	7:12	-0.1	6:15	1.7	6:35	7:39	
31	Mon	12:24	3.9	1:52	3.3	7:55	-0.1	7:10	1.6	6:36	7:38	