
































Antioch, CA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:52	2.7	1:03	3.9	7:20	0.8	8:47	-0.2	6:33	5:08	
2	Mon	2:45	2.6	1:28	4.1	7:53	1.0	9:34	-0.3	6:34	5:07	
3	Tue	3:39	2.6	2:01	4.3	8:31	1.1	10:21	-0.5	6:35	5:06	
4	Wed	4:35	2.5	2:42	4.4	9:14	1.2	11:09	-0.5	6:36	5:05	
5	Thu	5:31	2.5	3:28	4.3	10:04	1.3	11:59	-0.5	6:37	5:03	
6	Fri	6:28	2.6	4:19	4.2	11:01	1.3			6:38	5:03	
7	Sat	7:25	2.6	5:16	3.9	12:51	-0.4	12:05	1.3	6:39	5:02	
8	Sun	8:20	2.8	6:23	3.6	1:44	-0.4	1:18	1.3	6:40	5:01	
9	Mon	9:14	3.0	7:49	3.3	2:39	-0.2	2:36	1.2	6:42	5:00	
10	Tue	10:04	3.3	9:23	3.1	3:32	-0.1	3:53	0.9	6:43	4:59	
11	Wed	10:50	3.6	10:40	2.9	4:22	0.0	5:04	0.6	6:44	4:58	
12	Thu	11:33	3.8	11:47	2.8	5:10	0.2	6:09	0.2	6:45	4:57	
13	Fri			12:11	3.9	5:54	0.4	7:07	-0.1	6:46	4:56	
14	Sat	12:47	2.7	12:46	4.0	6:36	0.6	8:01	-0.4	6:47	4:56	
15	Sun	1:45	2.7	1:16	4.0	7:17	0.9	8:52	-0.5	6:48	4:55	
16	Mon	2:42	2.6	1:42	4.0	7:57	1.2	9:40	-0.6	6:49	4:54	
17	Tue	3:38	2.6	2:06	3.9	8:37	1.4	10:26	-0.7	6:50	4:54	
18	Wed	4:32	2.6	2:34	3.9	9:18	1.5	11:10	-0.7	6:51	4:53	
19	Thu	5:24	2.7	3:08	3.8	10:01	1.6	11:52	-0.6	6:52	4:52	
20	Fri	6:13	2.8	3:48	3.7	10:47	1.6			6:53	4:52	
21	Sat	7:01	2.8	4:34	3.6	12:33	-0.5	11:38 AM	1.7	6:54	4:51	
22	Sun	7:48	2.9	5:26	3.4	1:13	-0.4	12:35	1.6	6:55	4:51	
23	Mon	8:33	3.1	6:28	3.1	1:53	-0.2	1:39	1.5	6:56	4:50	
24	Tue	9:16	3.2	7:54	2.8	2:33	-0.1	2:49	1.4	6:57	4:50	
25	Wed	9:56	3.4	9:29	2.6	3:14	0.1	3:58	1.1	6:59	4:49	
26	Thu	10:31	3.5	10:44	2.6	3:53	0.3	5:03	0.8	7:00	4:49	
27	Fri	11:00	3.7	11:48	2.5	4:32	0.5	6:02	0.4	7:01	4:49	
28	Sat	11:24	3.9			5:10	0.7	6:56	0.1	7:02	4:48	
29	Sun	12:48	2.5	11:47 AM	4.1	5:48	1.0	7:46	-0.2	7:02	4:48	
30	Mon	1:46	2.5	12:16	4.3	6:29	1.1	8:35	-0.5	7:03	4:48	