




















## North Spit, Humboldt Bay, CA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:57	4.0	7:41	6.5	1:56	1.3	12:58	2.5	5:49	8:52	
2	Mon	9:24	4.1	8:23	6.6	2:55	0.8	1:52	3.0	5:49	8:52	
3	Tue	10:40	4.3	9:07	6.7	3:46	0.4	2:48	3.3	5:50	8:51	
4	Wed	11:34	4.6	9:50	6.8	4:31	0.0	3:42	3.5	5:50	8:51	
5	Thu			12:16	4.8	5:12	-0.3	4:30	3.5	5:51	8:51	
6	Fri			12:51	5.0	5:50	-0.6	5:15	3.4	5:52	8:51	
7	Sat			1:25	5.1	6:27	-0.8	5:56	3.3	5:52	8:50	
8	Sun			1:57	5.2	7:02	-1.0	6:37	3.2	5:53	8:50	
9	Mon	12:32	7.1	2:30	5.4	7:36	-1.0	7:19	3.0	5:53	8:50	
10	Tue	1:11	6.9	3:02	5.6	8:10	-0.9	8:04	2.8	5:54	8:49	
11	Wed	1:53	6.6	3:35	5.8	8:43	-0.6	8:54	2.6	5:55	8:49	
12	Thu	2:38	6.2	4:08	6.1	9:18	-0.2	9:48	2.3	5:56	8:48	
13	Fri	3:31	5.7	4:44	6.4	9:54	0.4	10:50	1.9	5:56	8:48	
14	Sat	4:34	5.1	5:23	6.7	10:33	1.1	11:57	1.4	5:57	8:47	
15	Sun	5:51	4.6	6:07	7.0	11:17	1.8			5:58	8:47	
16	Mon	7:19	4.3	6:58	7.3	1:08	0.8	12:11	2.5	5:59	8:46	
17	Tue	8:51	4.3	7:55	7.6	2:16	0.1	1:17	3.0	6:00	8:45	
18	Wed	10:12	4.6	8:54	7.8	3:20	-0.5	2:29	3.2	6:00	8:45	
19	Thu	11:16	5.0	9:53	8.0	4:18	-1.1	3:38	3.2	6:01	8:44	
20	Fri			12:07	5.3	5:10	-1.5	4:41	3.0	6:02	8:43	
21	Sat			12:51	5.6	5:58	-1.7	5:38	2.7	6:03	8:43	
22	Sun			1:32	5.9	6:43	-1.7	6:32	2.4	6:04	8:42	
23	Mon	12:34	7.8	2:10	6.1	7:25	-1.4	7:24	2.1	6:05	8:41	
24	Tue	1:23	7.4	2:47	6.3	8:05	-1.0	8:15	1.9	6:06	8:40	
25	Wed	2:11	6.8	3:24	6.4	8:43	-0.4	9:07	1.8	6:06	8:39	
26	Thu	3:01	6.1	4:00	6.4	9:19	0.3	10:02	1.7	6:07	8:38	
27	Fri	3:53	5.4	4:36	6.5	9:55	1.1	10:59	1.6	6:08	8:37	
28	Sat	4:52	4.8	5:14	6.5	10:32	1.9			6:09	8:36	
29	Sun	6:03	4.3	5:56	6.4	12:02	1.5	11:12 AM	2.6	6:10	8:35	
30	Mon	7:28	4.1	6:44	6.4	1:08	1.3	12:00	3.2	6:11	8:34	
31	Tue	9:06	4.1	7:36	6.4	2:13	1.1	1:04	3.6	6:12	8:33	