

Ocean Beach, outer coast, CA - Dec 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:48	4.8	3:08	4.3	10:35	3.0	10:07	0.8	7:06	4:51	
2	Tue	5:22	5.0	4:27	4.0	11:39	2.5	10:55	1.1	7:07	4:51	
3	Wed	5:54	5.3	5:51	3.9			12:31	1.9	7:08	4:51	
4	Thu	6:25	5.6	7:10	4.0			1:15	1.2	7:09	4:51	
5	Fri	6:56	6.0	8:20	4.2	12:27	1.9	1:56	0.4	7:10	4:51	
6	Sat	7:29	6.3	9:22	4.5	1:12	2.4	2:36	-0.3	7:11	4:51	
7	Sun	8:05	6.7	10:18	4.7	1:57	2.7	3:17	-0.9	7:12	4:51	
8	Mon	8:45	6.9	11:11	4.9	2:43	3.0	4:01	-1.3	7:13	4:51	
9	Tue	9:28	7.1			3:30	3.2	4:47	-1.6	7:13	4:51	
10	Wed	12:01	5.0	10:16 AM	7.1	4:19	3.3	5:35	-1.7	7:14	4:51	
11	Thu	12:51	5.0	11:07 AM	6.9	5:12	3.3	6:24	-1.6	7:15	4:51	
12	Fri	1:40	5.0	12:01	6.6	6:12	3.2	7:15	-1.3	7:16	4:51	
13	Sat	2:30	5.1	1:00	6.1	7:21	3.0	8:07	-0.8	7:16	4:51	
14	Sun	3:19	5.3	2:06	5.4	8:40	2.8	9:00	-0.2	7:17	4:52	
15	Mon	4:07	5.5	3:23	4.7	10:05	2.3	9:54	0.4	7:18	4:52	
16	Tue	4:53	5.8	4:52	4.2	11:24	1.7	10:49	1.1	7:19	4:52	
17	Wed	5:38	6.0	6:25	4.1			12:32	1.0	7:19	4:53	
18	Thu	6:20	6.3	7:49	4.2			1:29	0.4	7:20	4:53	
19	Fri	7:00	6.4	8:59	4.4	12:38	2.3	2:18	-0.2	7:20	4:53	
20	Sat	7:38	6.5	9:56	4.7	1:31	2.8	3:01	-0.5	7:21	4:54	
21	Sun	8:15	6.5	10:46	4.8	2:21	3.1	3:40	-0.7	7:21	4:54	
22	Mon	8:52	6.4	11:29	4.9	3:08	3.3	4:17	-0.8	7:22	4:55	
23	Tue	9:29	6.3			3:52	3.4	4:52	-0.8	7:22	4:55	
24	Wed	12:09	4.9	10:05 AM	6.2	4:33	3.4	5:26	-0.7	7:23	4:56	
25	Thu	12:45	4.9	10:42 AM	6.1	5:13	3.4	6:01	-0.6	7:23	4:56	
26	Fri	1:19	4.8	11:19 AM	5.8	5:53	3.3	6:34	-0.5	7:24	4:57	
27	Sat	1:52	4.8	11:58 AM	5.5	6:37	3.2	7:08	-0.2	7:24	4:58	
28	Sun	2:24	4.8	12:39	5.2	7:26	3.1	7:43	0.1	7:24	4:58	
29	Mon	2:56	4.9	1:27	4.7	8:24	2.9	8:19	0.5	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Tue	3:29	5.1	2:26	4.2	9:31	2.6	8:58	1.0	7:25	5:00	
31	Wed	4:04	5.3	3:49	3.7	10:39	2.2	9:37	1.7	7:25	5:01	