

Ocean Beach, outer coast, CA - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:35	5.6	5:33	3.6	11:40	1.5	10:29	2.3	7:25	5:01	
2	Fri	5:15	5.9	7:14	3.8			12:36	0.8	7:25	5:02	
3	Sat	5:58	6.2	8:31	4.1			1:27	0.1	7:25	5:03	
4	Sun	6:45	6.5	9:28	4.5	12:32	3.1	2:15	-0.6	7:25	5:04	
5	Mon	7:35	6.8	10:16	4.8	1:31	3.3	3:02	-1.1	7:25	5:05	
6	Tue	8:26	7.1	11:00	5.0	2:27	3.3	3:49	-1.6	7:25	5:06	
7	Wed	9:18	7.2	11:41	5.1	3:21	3.2	4:35	-1.8	7:25	5:07	
8	Thu	10:10	7.2			4:14	3.0	5:21	-1.8	7:25	5:07	
9	Fri	12:22	5.3	11:03 AM	7.0	5:10	2.7	6:05	-1.5	7:25	5:08	
10	Sat	1:02	5.4	11:57 AM	6.5	6:08	2.4	6:49	-1.1	7:25	5:09	
11	Sun	1:42	5.6	12:54	5.8	7:11	2.1	7:33	-0.4	7:25	5:10	
12	Mon	2:23	5.8	1:58	5.1	8:20	1.8	8:17	0.3	7:25	5:11	
13	Tue	3:06	6.0	3:14	4.3	9:35	1.5	9:05	1.2	7:24	5:12	
14	Wed	3:51	6.1	4:48	3.9	10:51	1.1	9:59	2.0	7:24	5:13	
15	Thu	4:39	6.2	6:33	3.9			12:03	0.6	7:24	5:14	
16	Fri	5:28	6.2	8:00	4.2			1:06	0.2	7:23	5:15	
17	Sat	6:19	6.2	9:03	4.5	12:12	3.1	2:00	-0.1	7:23	5:16	
18	Sun	7:08	6.2	9:51	4.7	1:16	3.3	2:46	-0.3	7:23	5:18	
19	Mon	7:54	6.2	10:31	4.9	2:12	3.3	3:26	-0.5	7:22	5:19	
20	Tue	8:37	6.2	11:06	4.9	3:00	3.3	4:02	-0.5	7:22	5:20	
21	Wed	9:16	6.2	11:36	4.9	3:41	3.1	4:34	-0.5	7:21	5:21	
22	Thu	9:54	6.1			4:19	3.0	5:04	-0.5	7:21	5:22	
23	Fri	12:03	4.9	10:30 AM	6.0	4:55	2.8	5:33	-0.4	7:20	5:23	
24	Sat	12:28	4.9	11:06 AM	5.7	5:31	2.7	6:00	-0.2	7:19	5:24	
25	Sun	12:53	5.0	11:43 AM	5.4	6:09	2.5	6:27	0.1	7:19	5:25	
26	Mon	1:18	5.1	12:23	5.0	6:51	2.3	6:55	0.5	7:18	5:26	
27	Tue	1:44	5.3	1:09	4.5	7:38	2.1	7:25	1.0	7:17	5:27	
28	Wed	2:13	5.4	2:08	4.0	8:33	1.8	7:58	1.6	7:17	5:28	
29	Thu	2:47	5.6	3:32	3.6	9:37	1.5	8:37	2.3	7:16	5:30	
30	Fri	3:28	5.7	5:29	3.5	10:47	1.0	9:32	2.9	7:15	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	4:17	5.9	7:21	3.8	11:57	0.5	10:49	3.3	7:14	5:32	