

Ocean Beach, outer coast, CA - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:48	5.4	11:28	5.4	4:51	1.3	5:02	0.5	6:40	6:03	●
2	Tue	11:27	5.2	11:54	5.4	5:26	1.2	5:32	0.8	6:39	6:04	●
3	Wed			12:07	4.9	6:02	1.1	6:02	1.2	6:37	6:05	●
4	Thu	12:20	5.5	12:50	4.6	6:39	1.0	6:33	1.6	6:36	6:06	●
5	Fri	12:49	5.5	1:38	4.2	7:19	1.0	7:07	2.0	6:35	6:07	◐
6	Sat	1:23	5.4	2:37	3.9	8:07	1.0	7:46	2.4	6:33	6:08	◐
7	Sun	2:04	5.3	3:53	3.8	9:03	1.0	8:38	2.7	6:32	6:09	◐
8	Mon	2:53	5.3	5:23	3.8	10:10	0.9	9:52	3.0	6:30	6:10	◐
9	Tue	3:54	5.2	6:38	4.0	11:20	0.7	11:15	3.0	6:29	6:11	◐
10	Wed	5:01	5.3	7:29	4.3			12:21	0.4	6:27	6:12	◐
11	Thu	6:06	5.5	8:09	4.6	12:24	2.7	1:13	0.1	6:26	6:13	◐
12	Fri	7:07	5.7	8:45	4.9	1:20	2.3	1:59	-0.2	6:24	6:14	◐
13	Sat	8:04	5.9	9:19	5.3	2:09	1.8	2:42	-0.3	6:23	6:15	○
14	Sun	8:58	6.0	9:54	5.6	2:56	1.2	3:23	-0.3	6:21	6:16	○
15	Mon	9:51	6.0	10:30	6.0	3:43	0.7	4:03	-0.1	6:20	6:17	○
16	Tue	10:45	5.9	11:07	6.2	4:30	0.2	4:44	0.2	6:18	6:18	○
17	Wed	11:40	5.7	11:46	6.4	5:19	-0.2	5:27	0.7	6:17	6:19	○
18	Thu			12:38	5.3	6:10	-0.4	6:12	1.2	6:15	6:20	○
19	Fri	12:29	6.4	1:40	4.9	7:05	-0.5	7:01	1.7	6:14	6:21	○
20	Sat	1:16	6.3	2:49	4.6	8:04	-0.3	7:59	2.2	6:12	6:22	○
21	Sun	2:09	6.0	4:08	4.4	9:11	-0.2	9:11	2.5	6:11	6:23	○
22	Mon	3:11	5.7	5:29	4.5	10:24	0.0	10:38	2.6	6:09	6:23	◐
23	Tue	4:21	5.4	6:38	4.7	11:36	0.1	11:58	2.5	6:08	6:24	◐
24	Wed	5:34	5.3	7:32	4.9			12:39	0.1	6:06	6:25	◐
25	Thu	6:42	5.2	8:16	5.1	1:04	2.1	1:31	0.2	6:05	6:26	◐
26	Fri	7:41	5.2	8:52	5.2	1:57	1.8	2:15	0.3	6:03	6:27	◐
27	Sat	8:33	5.2	9:23	5.3	2:42	1.4	2:53	0.4	6:02	6:28	◐
28	Sun	9:19	5.1	9:50	5.4	3:22	1.1	3:27	0.6	6:00	6:29	◐
29	Mon	10:02	5.0	10:15	5.4	3:58	0.8	3:58	0.9	5:58	6:30	◐
30	Tue	10:43	4.9	10:40	5.5	4:31	0.6	4:29	1.2	5:57	6:31	●
31	Wed	11:23	4.8	11:05	5.5	5:03	0.4	4:59	1.5	5:55	6:32	●