

Ocean Beach, outer coast, CA - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:17	5.7	3:03	5.4	8:02	-0.5	8:32	2.3	5:51	8:35	
2	Fri	2:10	5.3	3:45	5.6	8:44	-0.1	9:37	2.0	5:52	8:35	
3	Sat	3:13	4.8	4:29	5.8	9:31	0.4	10:49	1.6	5:52	8:35	
4	Sun	4:29	4.3	5:17	6.1	10:24	1.0			5:53	8:35	
5	Mon	5:58	4.0	6:07	6.3	12:02	1.1	11:22 AM	1.6	5:53	8:35	
6	Tue	7:29	4.1	6:59	6.6	1:09	0.5	12:26	2.0	5:54	8:35	
7	Wed	8:48	4.3	7:52	6.8	2:10	-0.1	1:30	2.4	5:55	8:34	
8	Thu	9:52	4.6	8:44	6.9	3:04	-0.5	2:31	2.5	5:55	8:34	
9	Fri	10:46	4.9	9:34	7.0	3:54	-0.9	3:29	2.6	5:56	8:34	
10	Sat	11:34	5.1	10:23	6.9	4:40	-1.1	4:23	2.5	5:57	8:33	
11	Sun			12:19	5.2	5:24	-1.1	5:16	2.5	5:57	8:33	
12	Mon			1:00	5.3	6:06	-1.0	6:07	2.4	5:58	8:33	
13	Tue			1:39	5.4	6:46	-0.7	6:57	2.3	5:59	8:32	
14	Wed	12:42	5.9	2:17	5.4	7:25	-0.4	7:49	2.3	5:59	8:32	
15	Thu	1:28	5.5	2:54	5.5	8:03	0.1	8:44	2.2	6:00	8:31	
16	Fri	2:16	4.9	3:30	5.5	8:42	0.6	9:43	2.1	6:01	8:31	
17	Sat	3:11	4.4	4:08	5.5	9:23	1.2	10:47	1.9	6:01	8:30	
18	Sun	4:17	4.0	4:49	5.5	10:08	1.7	11:53	1.7	6:02	8:29	
19	Mon	5:41	3.7	5:33	5.6	11:01	2.2			6:03	8:29	
20	Tue	7:13	3.7	6:20	5.7	12:56	1.3	12:01	2.6	6:04	8:28	
21	Wed	8:32	3.9	7:08	5.9	1:51	1.0	1:02	2.8	6:04	8:27	
22	Thu	9:29	4.2	7:54	6.1	2:38	0.6	1:57	2.9	6:05	8:27	
23	Fri	10:13	4.4	8:39	6.2	3:19	0.2	2:46	2.9	6:06	8:26	
24	Sat	10:51	4.6	9:23	6.4	3:57	-0.1	3:31	2.9	6:07	8:25	
25	Sun	11:26	4.8	10:07	6.5	4:32	-0.4	4:13	2.7	6:08	8:24	
26	Mon	11:59	5.0	10:50	6.5	5:07	-0.5	4:56	2.5	6:08	8:24	
27	Tue			12:33	5.2	5:43	-0.6	5:40	2.3	6:09	8:23	
28	Wed			1:07	5.5	6:19	-0.6	6:26	2.1	6:10	8:22	
29	Thu	12:22	6.2	1:43	5.7	6:56	-0.3	7:17	1.8	6:11	8:21	
30	Fri	1:12	5.8	2:21	5.9	7:36	0.0	8:12	1.6	6:12	8:20	
31	Sat	2:08	5.3	3:02	6.1	8:18	0.6	9:15	1.3	6:13	8:19	