





























Ocean Beach, outer coast, CA - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:23	4.8	9:37	7.0	4:16	-1.2	3:39	3.1	5:51	8:35	
2	Sun			12:11	4.9	5:02	-1.3	4:34	3.1	5:52	8:35	
3	Mon			12:55	5.0	5:47	-1.3	5:27	3.1	5:52	8:35	
4	Tue			1:36	5.1	6:29	-1.2	6:18	3.0	5:53	8:35	
5	Wed			2:15	5.1	7:09	-0.9	7:10	2.9	5:53	8:35	
6	Thu	12:43	5.9	2:51	5.1	7:47	-0.6	8:04	2.7	5:54	8:35	
7	Fri	1:28	5.4	3:26	5.2	8:24	-0.1	9:01	2.6	5:55	8:34	
8	Sat	2:16	4.9	3:59	5.2	9:00	0.4	10:03	2.3	5:55	8:34	
9	Sun	3:11	4.3	4:32	5.3	9:37	1.0	11:09	2.0	5:56	8:34	
10	Mon	4:20	3.8	5:07	5.5	10:16	1.7			5:56	8:33	
11	Tue	5:53	3.5	5:45	5.6	12:13	1.6	11:02 AM	2.3	5:57	8:33	
12	Wed	7:41	3.5	6:26	5.8	1:13	1.2	11:57 AM	2.8	5:58	8:33	
13	Thu	9:09	3.8	7:10	5.9	2:05	0.7	12:58	3.2	5:58	8:32	
14	Fri	10:07	4.1	7:55	6.1	2:51	0.3	1:57	3.4	5:59	8:32	
15	Sat	10:51	4.4	8:41	6.3	3:33	-0.1	2:48	3.5	6:00	8:31	
16	Sun	11:28	4.6	9:26	6.5	4:13	-0.5	3:35	3.4	6:01	8:31	
17	Mon			12:02	4.7	4:51	-0.8	4:19	3.3	6:01	8:30	
18	Tue			12:34	4.9	5:28	-1.0	5:03	3.1	6:02	8:30	
19	Wed			1:07	5.0	6:06	-1.1	5:50	2.9	6:03	8:29	
20	Thu			1:40	5.2	6:43	-1.0	6:40	2.6	6:04	8:28	
21	Fri	12:30	6.3	2:13	5.4	7:21	-0.8	7:34	2.2	6:04	8:28	
22	Sat	1:22	5.8	2:48	5.7	7:59	-0.3	8:35	1.9	6:05	8:27	
23	Sun	2:21	5.2	3:26	6.0	8:40	0.4	9:42	1.5	6:06	8:26	
24	Mon	3:31	4.6	4:07	6.2	9:23	1.1	10:55	1.1	6:07	8:25	
25	Tue	4:59	4.1	4:54	6.4	10:13	1.9			6:08	8:25	
26	Wed	6:42	3.9	5:46	6.6	12:10	0.6	11:13 AM	2.6	6:08	8:24	
27	Thu	8:18	4.1	6:44	6.7	1:21	0.1	12:25	3.1	6:09	8:23	
28	Fri	9:29	4.5	7:42	6.7	2:23	-0.3	1:38	3.3	6:10	8:22	
29	Sat	10:23	4.8	8:38	6.8	3:18	-0.6	2:43	3.2	6:11	8:21	
30	Sun	11:08	5.0	9:30	6.8	4:07	-0.8	3:40	3.1	6:12	8:20	
31	Mon	11:48	5.1	10:18	6.6	4:50	-0.8	4:31	2.9	6:12	8:19	