

































Ocean Beach, outer coast, CA - Mar 1990

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 12:58 | 6.3 | 2:08 | 4.5 | 7:38 | 0.1 | 7:17 | 2.0 | 6:41 | 6:03 |  |
| 2 | Fri | 1:40 | 6.3 | 3:32 | 4.1 | 8:42 | 0.0 | 8:09 | 2.6 | 6:39 | 6:04 |  |
| 3 | Sat | 2:32 | 6.2 | 5:12 | 4.0 | 9:57 | 0.0 | 9:21 | 3.1 | 6:38 | 6:05 |  |
| 4 | Sun | 3:35 | 6.0 | 6:43 | 4.2 | 11:18 | -0.1 | 10:56 | 3.2 | 6:37 | 6:06 |  |
| 5 | Mon | 4:49 | 5.9 | 7:45 | 4.6 | | | 12:31 | -0.2 | 6:35 | 6:07 |  |
| 6 | Tue | 6:03 | 5.9 | 8:31 | 4.9 | 12:22 | 3.1 | 1:32 | -0.4 | 6:34 | 6:08 |  |
| 7 | Wed | 7:10 | 5.9 | 9:10 | 5.1 | 1:29 | 2.7 | 2:21 | -0.5 | 6:32 | 6:09 |  |
| 8 | Thu | 8:08 | 5.9 | 9:44 | 5.3 | 2:24 | 2.2 | 3:03 | -0.4 | 6:31 | 6:10 |  |
| 9 | Fri | 8:59 | 5.8 | 10:14 | 5.4 | 3:11 | 1.8 | 3:39 | -0.2 | 6:29 | 6:11 |  |
| 10 | Sat | 9:46 | 5.6 | 10:42 | 5.5 | 3:54 | 1.4 | 4:11 | 0.0 | 6:28 | 6:12 |  |
| 11 | Sun | 10:31 | 5.4 | 11:07 | 5.6 | 4:33 | 1.1 | 4:42 | 0.4 | 6:26 | 6:13 |  |
| 12 | Mon | 11:14 | 5.1 | 11:31 | 5.6 | 5:11 | 0.8 | 5:11 | 0.9 | 6:25 | 6:14 |  |
| 13 | Tue | 11:58 | 4.8 | 11:55 | 5.6 | 5:48 | 0.6 | 5:40 | 1.4 | 6:23 | 6:15 |  |
| 14 | Wed | | | 12:44 | 4.5 | 6:25 | 0.5 | 6:10 | 1.9 | 6:22 | 6:16 |  |
| 15 | Thu | 12:20 | 5.6 | 1:35 | 4.2 | 7:05 | 0.5 | 6:40 | 2.4 | 6:20 | 6:17 |  |
| 16 | Fri | 12:49 | 5.5 | 2:37 | 3.9 | 7:49 | 0.6 | 7:14 | 2.8 | 6:19 | 6:18 |  |
| 17 | Sat | 1:25 | 5.4 | 4:00 | 3.7 | 8:43 | 0.6 | 7:58 | 3.2 | 6:17 | 6:18 |  |
| 18 | Sun | 2:12 | 5.2 | 5:46 | 3.7 | 9:48 | 0.7 | 9:15 | 3.4 | 6:16 | 6:19 |  |
| 19 | Mon | 3:11 | 5.1 | 6:59 | 3.9 | 11:00 | 0.6 | 11:00 | 3.4 | 6:14 | 6:20 |  |
| 20 | Tue | 4:22 | 5.0 | 7:39 | 4.2 | | | 12:06 | 0.4 | 6:13 | 6:21 |  |
| 21 | Wed | 5:33 | 5.1 | 8:08 | 4.4 | 12:15 | 3.2 | 12:59 | 0.1 | 6:11 | 6:22 |  |
| 22 | Thu | 6:37 | 5.3 | 8:35 | 4.7 | 1:09 | 2.7 | 1:43 | -0.1 | 6:10 | 6:23 |  |
| 23 | Fri | 7:35 | 5.5 | 9:01 | 5.0 | 1:54 | 2.2 | 2:21 | -0.2 | 6:08 | 6:24 |  |
| 24 | Sat | 8:29 | 5.6 | 9:29 | 5.3 | 2:36 | 1.6 | 2:58 | -0.1 | 6:07 | 6:25 |  |
| 25 | Sun | 9:22 | 5.6 | 9:57 | 5.7 | 3:19 | 0.9 | 3:34 | 0.1 | 6:05 | 6:26 |  |
| 26 | Mon | 10:16 | 5.5 | 10:28 | 6.1 | 4:02 | 0.3 | 4:11 | 0.5 | 6:04 | 6:27 |  |
| 27 | Tue | 11:11 | 5.4 | 11:01 | 6.3 | 4:47 | -0.3 | 4:49 | 1.0 | 6:02 | 6:28 |  |
| 28 | Wed | | | 12:09 | 5.1 | 5:35 | -0.7 | 5:29 | 1.6 | 6:01 | 6:29 |  |
| 29 | Thu | | | 1:11 | 4.8 | 6:25 | -0.9 | 6:12 | 2.1 | 5:59 | 6:30 |  |
| 30 | Fri | 12:20 | 6.5 | 2:21 | 4.5 | 7:21 | -0.8 | 7:02 | 2.6 | 5:58 | 6:30 |  |
| 31 | Sat | 1:08 | 6.3 | 3:40 | 4.3 | 8:24 | -0.7 | 8:07 | 3.0 | 5:56 | 6:31 |  |