




















Ocean Beach, outer coast, CA - May 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:58	5.2	6:32	4.9	11:16	-0.3			6:13	8:00	
2	Wed	5:15	4.8	7:22	5.1	12:04	2.5	12:18	0.0	6:12	8:01	
3	Thu	6:35	4.5	8:03	5.3	1:15	2.0	1:13	0.3	6:11	8:02	
4	Fri	7:50	4.3	8:39	5.5	2:14	1.4	2:00	0.7	6:10	8:02	
5	Sat	8:57	4.3	9:09	5.6	3:03	0.8	2:42	1.1	6:09	8:03	
6	Sun	9:55	4.3	9:37	5.7	3:45	0.4	3:20	1.6	6:08	8:04	
7	Mon	10:48	4.3	10:03	5.8	4:23	0.0	3:55	2.0	6:07	8:05	
8	Tue	11:37	4.4	10:28	5.8	4:57	-0.3	4:30	2.3	6:06	8:06	
9	Wed			12:23	4.4	5:30	-0.5	5:04	2.6	6:05	8:07	
10	Thu			1:06	4.4	6:02	-0.6	5:38	2.9	6:04	8:08	
11	Fri			1:49	4.4	6:36	-0.6	6:13	3.1	6:03	8:09	
12	Sat			2:33	4.3	7:12	-0.6	6:51	3.2	6:02	8:10	
13	Sun	12:34	5.6	3:20	4.3	7:51	-0.6	7:35	3.3	6:01	8:11	
14	Mon	1:15	5.4	4:08	4.3	8:35	-0.5	8:29	3.3	6:00	8:11	
15	Tue	2:01	5.2	4:56	4.3	9:22	-0.3	9:40	3.2	5:59	8:12	
16	Wed	2:56	4.8	5:41	4.5	10:13	-0.2	11:00	2.9	5:59	8:13	
17	Thu	4:02	4.5	6:21	4.8	11:06	0.1			5:58	8:14	
18	Fri	5:21	4.3	6:57	5.1	12:13	2.4	11:58 AM	0.4	5:57	8:15	
19	Sat	6:45	4.1	7:33	5.5	1:14	1.7	12:49	0.8	5:56	8:16	
20	Sun	8:05	4.2	8:08	6.0	2:07	0.8	1:39	1.2	5:56	8:17	
21	Mon	9:18	4.4	8:45	6.4	2:56	0.0	2:27	1.6	5:55	8:17	
22	Tue	10:25	4.6	9:26	6.8	3:43	-0.8	3:16	2.1	5:54	8:18	
23	Wed	11:26	4.7	10:09	7.0	4:31	-1.4	4:05	2.4	5:54	8:19	
24	Thu			12:24	4.9	5:20	-1.8	4:56	2.7	5:53	8:20	
25	Fri			1:19	4.9	6:10	-1.9	5:50	2.8	5:52	8:21	
26	Sat			2:13	5.0	7:01	-1.9	6:48	2.9	5:52	8:21	
27	Sun	12:37	6.6	3:07	5.0	7:53	-1.6	7:53	2.9	5:51	8:22	
28	Mon	1:32	6.1	4:00	5.0	8:46	-1.2	9:05	2.8	5:51	8:23	
29	Tue	2:31	5.6	4:52	5.1	9:39	-0.7	10:24	2.6	5:50	8:24	
30	Wed	3:36	4.9	5:42	5.2	10:33	-0.1	11:42	2.2	5:50	8:24	
31	Thu	4:50	4.3	6:27	5.4	11:26	0.4			5:49	8:25	