
































## Ocean Beach, outer coast, CA - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:13	3.9	7:08	5.6	12:52	1.6	12:18	1.0	5:49	8:26	
2	Sat	7:38	3.8	7:44	5.7	1:51	1.1	1:08	1.5	5:49	8:26	
3	Sun	8:54	3.9	8:16	5.8	2:41	0.6	1:54	2.0	5:48	8:27	
4	Mon	9:59	4.0	8:48	5.9	3:24	0.1	2:39	2.4	5:48	8:28	
5	Tue	10:53	4.2	9:19	6.0	4:03	-0.2	3:21	2.8	5:48	8:28	
6	Wed	11:41	4.4	9:51	6.0	4:38	-0.4	4:01	3.0	5:48	8:29	
7	Thu			12:23	4.4	5:12	-0.6	4:40	3.2	5:47	8:29	
8	Fri			1:02	4.5	5:46	-0.7	5:18	3.3	5:47	8:30	
9	Sat			1:38	4.5	6:20	-0.8	5:56	3.3	5:47	8:30	
10	Sun			2:14	4.5	6:54	-0.8	6:36	3.3	5:47	8:31	
11	Mon	12:16	5.8	2:51	4.6	7:30	-0.8	7:21	3.2	5:47	8:31	
12	Tue	12:57	5.6	3:27	4.7	8:08	-0.7	8:14	3.1	5:47	8:32	
13	Wed	1:42	5.3	4:04	4.8	8:48	-0.5	9:17	2.9	5:47	8:32	
14	Thu	2:34	4.9	4:41	5.1	9:30	-0.1	10:27	2.5	5:47	8:33	
15	Fri	3:39	4.4	5:19	5.4	10:16	0.4	11:39	1.9	5:47	8:33	
16	Sat	5:01	4.0	5:58	5.7	11:05	1.0			5:47	8:33	
17	Sun	6:35	3.8	6:39	6.1	12:45	1.2	11:59 AM	1.5	5:47	8:34	
18	Mon	8:07	3.9	7:23	6.5	1:44	0.4	12:55	2.1	5:47	8:34	
19	Tue	9:26	4.2	8:09	6.8	2:39	-0.4	1:53	2.5	5:47	8:34	
20	Wed	10:32	4.5	8:58	7.1	3:30	-1.0	2:50	2.8	5:48	8:35	
21	Thu	11:28	4.8	9:49	7.2	4:21	-1.5	3:47	2.9	5:48	8:35	
22	Fri			12:19	5.0	5:10	-1.7	4:44	3.0	5:48	8:35	
23	Sat			1:07	5.1	5:59	-1.8	5:41	2.9	5:48	8:35	
24	Sun			1:52	5.2	6:46	-1.6	6:39	2.8	5:49	8:35	
25	Mon	12:25	6.6	2:36	5.3	7:33	-1.3	7:40	2.6	5:49	8:35	
26	Tue	1:17	6.1	3:20	5.4	8:17	-0.9	8:45	2.5	5:49	8:36	
27	Wed	2:12	5.4	4:02	5.4	9:01	-0.3	9:54	2.2	5:50	8:36	
28	Thu	3:12	4.7	4:44	5.5	9:46	0.4	11:06	1.9	5:50	8:36	
29	Fri	4:22	4.1	5:25	5.6	10:32	1.1			5:50	8:36	
30	Sat	5:49	3.7	6:05	5.7	12:15	1.5	11:21 AM	1.8	5:51	8:36	