





























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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:28	3.6	6:45	5.8	1:17	1.1	12:15	2.4	5:51	8:35	
2	Mon	8:54	3.8	7:25	5.9	2:11	0.6	1:12	2.8	5:52	8:35	
3	Tue	9:59	4.1	8:05	6.0	2:58	0.2	2:06	3.1	5:52	8:35	
4	Wed	10:49	4.3	8:45	6.1	3:39	-0.1	2:56	3.3	5:53	8:35	
5	Thu	11:29	4.5	9:25	6.2	4:17	-0.3	3:41	3.3	5:53	8:35	
6	Fri			12:05	4.6	4:53	-0.5	4:22	3.3	5:54	8:35	
7	Sat			12:37	4.7	5:27	-0.6	5:00	3.3	5:54	8:34	
8	Sun			1:07	4.8	6:00	-0.7	5:39	3.1	5:55	8:34	
9	Mon			1:37	4.9	6:32	-0.8	6:20	3.0	5:56	8:34	
10	Tue	12:03	6.0	2:07	5.0	7:05	-0.7	7:04	2.8	5:56	8:33	
11	Wed	12:45	5.8	2:38	5.2	7:39	-0.5	7:54	2.6	5:57	8:33	
12	Thu	1:31	5.4	3:11	5.4	8:14	-0.1	8:52	2.3	5:58	8:33	
13	Fri	2:25	4.9	3:45	5.7	8:52	0.4	9:56	1.9	5:58	8:32	
14	Sat	3:33	4.3	4:24	5.9	9:34	1.1	11:07	1.4	5:59	8:32	
15	Sun	5:01	3.9	5:08	6.2	10:23	1.8			6:00	8:31	
16	Mon	6:44	3.8	5:57	6.5	12:18	0.8	11:21 AM	2.4	6:00	8:31	
17	Tue	8:20	4.0	6:52	6.7	1:25	0.1	12:28	2.9	6:01	8:30	
18	Wed	9:33	4.3	7:49	7.0	2:26	-0.4	1:38	3.1	6:02	8:30	
19	Thu	10:29	4.7	8:46	7.1	3:21	-0.9	2:43	3.1	6:03	8:29	
20	Fri	11:16	4.9	9:41	7.2	4:12	-1.2	3:42	3.0	6:03	8:28	
21	Sat	11:59	5.1	10:33	7.1	4:59	-1.3	4:39	2.8	6:04	8:28	
22	Sun			12:39	5.3	5:43	-1.3	5:33	2.6	6:05	8:27	
23	Mon			1:17	5.4	6:25	-1.0	6:26	2.3	6:06	8:26	
24	Tue	12:14	6.4	1:54	5.5	7:04	-0.7	7:20	2.1	6:07	8:26	
25	Wed	1:03	5.8	2:29	5.6	7:42	-0.1	8:16	2.0	6:07	8:25	
26	Thu	1:54	5.2	3:04	5.7	8:19	0.5	9:14	1.8	6:08	8:24	
27	Fri	2:51	4.6	3:40	5.7	8:57	1.2	10:17	1.6	6:09	8:23	
28	Sat	3:59	4.1	4:18	5.7	9:38	1.9	11:24	1.4	6:10	8:22	
29	Sun	5:29	3.7	5:00	5.7	10:27	2.5			6:11	8:21	
30	Mon	7:20	3.8	5:47	5.8	12:30	1.1	11:30 AM	3.0	6:11	8:20	
31	Tue	8:48	4.0	6:38	5.8	1:32	0.8	12:42	3.4	6:12	8:20	