


























Ocean Beach, outer coast, CA - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:44	4.3	7:30	5.9	2:25	0.5	1:46	3.5	6:13	8:19	
2	Thu	10:25	4.5	8:19	6.1	3:11	0.2	2:39	3.4	6:14	8:18	
3	Fri	10:57	4.6	9:05	6.2	3:51	0.0	3:24	3.3	6:15	8:17	
4	Sat	11:27	4.7	9:47	6.3	4:27	-0.3	4:04	3.1	6:16	8:16	
5	Sun	11:54	4.9	10:29	6.3	4:59	-0.4	4:42	2.9	6:17	8:15	
6	Mon			12:21	5.0	5:31	-0.5	5:20	2.6	6:17	8:13	
7	Tue			12:48	5.2	6:02	-0.4	6:01	2.3	6:18	8:12	
8	Wed			1:16	5.5	6:33	-0.2	6:45	2.0	6:19	8:11	
9	Thu	12:39	5.7	1:45	5.7	7:06	0.1	7:33	1.7	6:20	8:10	
10	Fri	1:30	5.3	2:17	5.9	7:40	0.7	8:28	1.3	6:21	8:09	
11	Sat	2:29	4.8	2:54	6.1	8:18	1.3	9:29	1.0	6:22	8:08	
12	Sun	3:43	4.3	3:36	6.3	9:01	2.0	10:39	0.8	6:23	8:07	
13	Mon	5:16	4.0	4:28	6.4	9:55	2.6	11:56	0.4	6:23	8:05	
14	Tue	7:00	4.0	5:29	6.5	11:05	3.1			6:24	8:04	
15	Wed	8:25	4.3	6:36	6.6	1:09	0.1	12:28	3.3	6:25	8:03	
16	Thu	9:23	4.7	7:41	6.7	2:14	-0.3	1:44	3.2	6:26	8:02	
17	Fri	10:09	5.0	8:42	6.8	3:09	-0.6	2:48	2.9	6:27	8:00	
18	Sat	10:49	5.2	9:37	6.8	3:57	-0.7	3:44	2.6	6:28	7:59	
19	Sun	11:26	5.4	10:29	6.6	4:40	-0.7	4:35	2.2	6:29	7:58	
20	Mon			12:00	5.5	5:19	-0.5	5:23	1.9	6:29	7:56	
21	Tue			12:33	5.7	5:55	-0.2	6:10	1.6	6:30	7:55	
22	Wed	12:05	5.9	1:03	5.7	6:30	0.3	6:56	1.4	6:31	7:54	
23	Thu	12:53	5.5	1:33	5.8	7:03	0.8	7:42	1.3	6:32	7:52	
24	Fri	1:43	5.0	2:02	5.8	7:37	1.4	8:30	1.2	6:33	7:51	
25	Sat	2:38	4.5	2:34	5.7	8:12	2.1	9:23	1.2	6:34	7:49	
26	Sun	3:44	4.1	3:10	5.7	8:51	2.6	10:24	1.2	6:35	7:48	
27	Mon	5:13	3.9	3:55	5.6	9:41	3.1	11:33	1.1	6:35	7:47	
28	Tue	7:04	4.0	4:51	5.5	10:56	3.5			6:36	7:45	
29	Wed	8:23	4.2	5:55	5.5	12:43	1.0	12:24	3.6	6:37	7:44	
30	Thu	9:09	4.4	6:57	5.6	1:43	0.7	1:31	3.5	6:38	7:42	
31	Fri	9:42	4.6	7:53	5.8	2:32	0.4	2:23	3.2	6:39	7:41	