
































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:39	6.4	9:58	5.1	2:27	1.6	3:23	-0.5	6:35	5:11	
2	Fri	9:14	6.8	10:56	5.2	3:08	2.0	4:07	-1.0	6:36	5:10	
3	Sat	9:53	7.0	11:54	5.1	3:51	2.4	4:54	-1.3	6:37	5:09	
4	Sun	10:36	7.0			4:37	2.7	5:44	-1.4	6:38	5:08	
5	Mon	12:52	5.1	11:24 AM	6.9	5:27	3.0	6:37	-1.3	6:39	5:07	
6	Tue	1:53	5.0	12:17	6.6	6:25	3.2	7:34	-1.0	6:40	5:06	
7	Wed	2:56	4.9	1:17	6.2	7:34	3.2	8:36	-0.6	6:41	5:05	
8	Thu	3:58	5.0	2:25	5.6	9:00	3.1	9:40	-0.2	6:42	5:04	
9	Fri	4:57	5.2	3:42	5.1	10:28	2.8	10:43	0.2	6:43	5:03	
10	Sat	5:48	5.4	5:05	4.7	11:45	2.2	11:40	0.6	6:45	5:02	
11	Sun	6:32	5.6	6:25	4.6			12:48	1.6	6:46	5:02	
12	Mon	7:10	5.9	7:36	4.5	12:31	1.0	1:41	1.0	6:47	5:01	
13	Tue	7:44	6.0	8:40	4.6	1:17	1.4	2:26	0.4	6:48	5:00	
14	Wed	8:14	6.1	9:36	4.6	1:58	1.9	3:06	0.0	6:49	4:59	
15	Thu	8:43	6.2	10:26	4.7	2:37	2.3	3:42	-0.2	6:50	4:59	
16	Fri	9:10	6.2	11:13	4.7	3:14	2.7	4:15	-0.4	6:51	4:58	
17	Sat	9:39	6.2	11:57	4.7	3:51	3.0	4:49	-0.5	6:52	4:57	
18	Sun	10:09	6.1			4:27	3.2	5:22	-0.5	6:53	4:56	
19	Mon	12:39	4.7	10:42 AM	6.0	5:03	3.4	5:58	-0.4	6:54	4:56	
20	Tue	1:21	4.6	11:18 AM	5.8	5:42	3.5	6:36	-0.3	6:55	4:55	
21	Wed	2:04	4.6	11:58 AM	5.6	6:25	3.5	7:17	-0.2	6:56	4:55	
22	Thu	2:49	4.5	12:43	5.3	7:18	3.5	8:01	0.0	6:57	4:54	
23	Fri	3:33	4.6	1:35	5.0	8:25	3.4	8:48	0.2	6:58	4:54	
24	Sat	4:16	4.7	2:38	4.6	9:44	3.2	9:38	0.5	6:59	4:53	
25	Sun	4:55	5.0	3:55	4.3	10:57	2.7	10:30	0.8	7:00	4:53	
26	Mon	5:31	5.3	5:21	4.1	11:57	2.0	11:21	1.2	7:01	4:52	
27	Tue	6:06	5.7	6:43	4.2			12:49	1.2	7:02	4:52	
28	Wed	6:42	6.1	7:58	4.4	12:12	1.6	1:36	0.3	7:03	4:52	
29	Thu	7:19	6.5	9:04	4.6	1:01	2.0	2:22	-0.4	7:04	4:52	
30	Fri	7:59	6.9	10:04	4.9	1:50	2.4	3:08	-1.1	7:05	4:51	