



































Pinole Point, CA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:15	5.6	11:58 AM	7.4	6:10	2.8	7:12	-1.8	7:25	5:00	
2	Sat	1:58	5.8	12:51	7.2	7:06	2.6	7:56	-1.5	7:25	5:01	
3	Sun	2:40	6.0	1:47	6.7	8:03	2.3	8:40	-1.0	7:25	5:02	
4	Mon	3:23	6.2	2:45	6.0	9:05	2.1	9:23	-0.3	7:25	5:03	
5	Tue	4:07	6.3	3:50	5.3	10:13	1.8	10:09	0.5	7:25	5:04	
6	Wed	4:52	6.4	5:07	4.6	11:25	1.4	10:58	1.3	7:25	5:05	
7	Thu	5:40	6.5	6:32	4.2			12:36	1.0	7:25	5:05	
8	Fri	6:30	6.6	7:59	4.1			1:43	0.6	7:25	5:06	
9	Sat	7:23	6.6	9:20	4.2	12:50	2.6	2:46	0.2	7:25	5:07	
10	Sun	8:17	6.6	10:23	4.4	1:54	3.0	3:41	-0.2	7:25	5:08	
11	Mon	9:08	6.6	11:13	4.7	2:58	3.1	4:30	-0.5	7:25	5:09	
12	Tue	9:55	6.7	11:55	4.9	3:56	3.2	5:12	-0.6	7:24	5:10	
13	Wed	10:38	6.7			4:46	3.1	5:51	-0.7	7:24	5:11	
14	Thu	12:33	5.1	11:17 AM	6.6	5:31	3.0	6:28	-0.7	7:24	5:12	
15	Fri	1:09	5.2	11:56 AM	6.5	6:13	2.9	7:02	-0.6	7:24	5:13	
16	Sat	1:42	5.3	12:33	6.3	6:54	2.8	7:33	-0.4	7:23	5:14	
17	Sun	2:14	5.4	1:10	6.0	7:34	2.7	8:03	-0.1	7:23	5:15	
18	Mon	2:45	5.5	1:48	5.6	8:14	2.6	8:31	0.3	7:22	5:17	
19	Tue	3:14	5.6	2:28	5.2	8:57	2.4	8:59	0.8	7:22	5:18	
20	Wed	3:41	5.6	3:14	4.8	9:46	2.2	9:26	1.3	7:21	5:19	
21	Thu	4:10	5.7	4:12	4.3	10:42	2.0	9:57	1.9	7:21	5:20	
22	Fri	4:42	5.8	5:31	4.0	11:45	1.7	10:36	2.4	7:20	5:21	
23	Sat	5:22	5.9	7:07	3.8			12:50	1.2	7:20	5:22	
24	Sun	6:11	6.1	8:36	4.0			1:54	0.7	7:19	5:23	
25	Mon	7:08	6.3	9:44	4.3	12:34	3.2	2:54	0.1	7:18	5:24	
26	Tue	8:10	6.6	10:36	4.7	1:52	3.3	3:48	-0.5	7:18	5:25	
27	Wed	9:11	7.0	11:21	5.1	3:08	3.2	4:37	-1.1	7:17	5:26	
28	Thu	10:08	7.3			4:12	3.0	5:24	-1.4	7:16	5:28	
29	Fri	12:03	5.5	11:02 AM	7.4	5:09	2.6	6:08	-1.5	7:16	5:29	
30	Sat	12:44	5.9	11:56 AM	7.3	6:04	2.1	6:51	-1.3	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	1:23	6.2	12:51	7.0	6:58	1.7	7:32	-0.9	7:14	5:31	