

Point San Quentin, CA - Dec 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:19	4.7	4:39	4.2			12:00	2.8	7:07	4:51	
2	Tue	6:53	4.9	5:58	3.9			1:04	2.3	7:08	4:50	
3	Wed	7:25	5.2	7:22	3.8	12:20	1.0	1:56	1.7	7:09	4:50	
4	Thu	7:56	5.5	8:41	3.9	1:07	1.4	2:40	1.1	7:09	4:50	
5	Fri	8:27	5.8	9:51	4.1	1:52	1.8	3:21	0.4	7:10	4:50	
6	Sat	9:00	6.2	10:53	4.3	2:37	2.2	4:01	-0.2	7:11	4:50	
7	Sun	9:36	6.5	11:49	4.6	3:22	2.5	4:42	-0.8	7:12	4:50	
8	Mon	10:16	6.7			4:08	2.8	5:26	-1.2	7:13	4:50	
9	Tue	12:42	4.7	10:59 AM	6.9	4:55	3.0	6:12	-1.5	7:14	4:50	
10	Wed	1:32	4.8	11:47 AM	6.9	5:44	3.0	7:00	-1.6	7:15	4:50	
11	Thu	2:22	4.9	12:38	6.8	6:37	3.0	7:49	-1.5	7:15	4:50	
12	Fri	3:11	4.9	1:32	6.4	7:37	3.0	8:40	-1.2	7:16	4:51	
13	Sat	4:01	5.0	2:31	5.9	8:46	2.8	9:32	-0.8	7:17	4:51	
14	Sun	4:50	5.1	3:37	5.2	10:05	2.6	10:25	-0.2	7:18	4:51	
15	Mon	5:38	5.3	4:54	4.6	11:30	2.2	11:19	0.4	7:18	4:51	
16	Tue	6:24	5.6	6:23	4.1			12:49	1.6	7:19	4:52	
17	Wed	7:09	5.9	7:56	3.9	12:14	1.0	1:57	0.9	7:19	4:52	
18	Thu	7:51	6.1	9:20	4.0	1:09	1.6	2:54	0.3	7:20	4:52	
19	Fri	8:31	6.3	10:30	4.3	2:03	2.1	3:43	-0.1	7:21	4:53	
20	Sat	9:09	6.3	11:27	4.5	2:56	2.6	4:26	-0.5	7:21	4:53	
21	Sun	9:46	6.3			3:46	2.9	5:05	-0.6	7:22	4:54	
22	Mon	12:17	4.7	10:23 AM	6.3	4:33	3.1	5:42	-0.7	7:22	4:54	
23	Tue	1:00	4.8	11:00 AM	6.2	5:17	3.2	6:17	-0.7	7:23	4:55	
24	Wed	1:40	4.8	11:36 AM	6.1	5:58	3.2	6:51	-0.7	7:23	4:55	
25	Thu	2:16	4.7	12:13	5.9	6:38	3.1	7:26	-0.6	7:24	4:56	
26	Fri	2:50	4.7	12:50	5.7	7:18	3.1	7:59	-0.4	7:24	4:56	
27	Sat	3:23	4.6	1:29	5.4	8:02	3.0	8:33	-0.2	7:24	4:57	
28	Sun	3:55	4.7	2:10	5.0	8:51	2.9	9:08	0.1	7:25	4:58	
29	Mon	4:27	4.8	2:58	4.5	9:49	2.7	9:44	0.5	7:25	4:59	
30	Tue	5:00	4.9	3:57	4.1	10:56	2.4	10:23	0.9	7:25	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	5:35	5.2	5:20	3.6			12:04	2.0	7:25	5:00	