

Point San Quentin, CA - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:06	5.4	7:04	3.4			1:05	1.4	7:25	5:01	
2	Fri	6:46	5.7	8:45	3.6			2:01	0.7	7:25	5:02	
3	Sat	7:29	6.0	10:02	4.0	12:54	2.6	2:52	0.1	7:26	5:02	
4	Sun	8:16	6.3	10:59	4.3	1:57	2.9	3:40	-0.5	7:26	5:03	
5	Mon	9:06	6.7	11:47	4.6	2:56	3.1	4:27	-1.1	7:26	5:04	
6	Tue	9:57	6.9			3:52	3.1	5:14	-1.4	7:26	5:05	
7	Wed	12:31	4.8	10:49 AM	7.1	4:46	3.0	6:00	-1.6	7:26	5:06	
8	Thu	1:12	5.0	11:41 AM	7.0	5:39	2.7	6:46	-1.6	7:26	5:07	
9	Fri	1:53	5.1	12:34	6.8	6:35	2.5	7:30	-1.4	7:25	5:08	
10	Sat	2:33	5.3	1:28	6.3	7:33	2.2	8:14	-1.0	7:25	5:09	
11	Sun	3:13	5.5	2:25	5.7	8:36	2.0	8:58	-0.4	7:25	5:10	
12	Mon	3:54	5.6	3:29	4.9	9:45	1.7	9:42	0.3	7:25	5:11	
13	Tue	4:37	5.8	4:45	4.2	11:00	1.4	10:30	1.1	7:25	5:12	
14	Wed	5:22	5.9	6:19	3.8			12:16	1.0	7:24	5:13	
15	Thu	6:10	6.0	8:04	3.7			1:28	0.6	7:24	5:14	
16	Fri	6:59	6.0	9:31	4.0	12:27	2.5	2:31	0.2	7:24	5:15	
17	Sat	7:50	6.1	10:34	4.3	1:37	2.9	3:25	-0.1	7:23	5:16	
18	Sun	8:39	6.1	11:22	4.6	2:41	3.1	4:11	-0.3	7:23	5:17	
19	Mon	9:25	6.1			3:37	3.1	4:51	-0.4	7:22	5:18	
20	Tue	12:02	4.7	10:08 AM	6.1	4:25	3.0	5:27	-0.5	7:22	5:19	
21	Wed	12:37	4.7	10:47 AM	6.0	5:06	2.9	5:59	-0.5	7:21	5:20	
22	Thu	1:07	4.7	11:25 AM	6.0	5:44	2.8	6:29	-0.5	7:21	5:21	
23	Fri	1:34	4.7	12:01	5.8	6:20	2.6	6:58	-0.4	7:20	5:22	
24	Sat	1:59	4.8	12:37	5.6	6:56	2.5	7:25	-0.2	7:20	5:23	
25	Sun	2:24	4.8	1:14	5.3	7:34	2.3	7:52	0.1	7:19	5:25	
26	Mon	2:49	5.0	1:54	4.8	8:16	2.1	8:20	0.5	7:18	5:26	
27	Tue	3:15	5.1	2:40	4.4	9:03	1.9	8:50	1.0	7:18	5:27	
28	Wed	3:44	5.3	3:39	3.9	9:58	1.7	9:23	1.5	7:17	5:28	
29	Thu	4:18	5.4	5:03	3.5	11:02	1.4	10:02	2.1	7:16	5:29	
30	Fri	4:59	5.6	7:00	3.4			12:12	1.0	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	5:48	5.8	8:52	3.7			1:22	0.5	7:15	5:31	