

Point San Quentin, CA - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:06	5.6	8:43	3.9			12:47	0.1	6:41	6:03	
2	Mon	6:19	5.7	9:36	4.2	12:05	3.2	1:58	-0.3	6:40	6:04	
3	Tue	7:33	5.9	10:15	4.5	1:37	3.1	2:57	-0.6	6:38	6:05	
4	Wed	8:41	6.1	10:50	4.8	2:46	2.7	3:48	-0.9	6:37	6:06	
5	Thu	9:42	6.3	11:24	5.1	3:43	2.2	4:33	-1.0	6:35	6:07	
6	Fri	10:38	6.3	11:56	5.4	4:35	1.6	5:14	-0.9	6:34	6:08	
7	Sat	11:33	6.1			5:26	1.1	5:53	-0.5	6:32	6:09	
8	Sun	12:29	5.7	12:27	5.8	6:16	0.6	6:32	0.0	6:31	6:10	
9	Mon	1:02	5.9	1:22	5.4	7:05	0.2	7:10	0.6	6:29	6:11	
10	Tue	1:36	6.1	2:20	4.9	7:56	0.0	7:49	1.2	6:28	6:12	
11	Wed	2:11	6.0	3:24	4.4	8:48	0.0	8:30	1.9	6:26	6:12	
12	Thu	2:48	5.9	4:40	4.0	9:45	0.1	9:19	2.5	6:25	6:13	
13	Fri	3:31	5.6	6:15	3.9	10:50	0.2	10:25	2.9	6:23	6:14	
14	Sat	4:23	5.3	7:51	4.0			12:04	0.4	6:22	6:15	
15	Sun	5:28	5.1	8:57	4.2			1:18	0.3	6:20	6:16	
16	Mon	6:40	5.0	9:42	4.4	1:21	3.1	2:20	0.3	6:19	6:17	
17	Tue	7:48	5.0	10:16	4.5	2:25	2.8	3:10	0.2	6:17	6:18	
18	Wed	8:46	5.1	10:44	4.6	3:15	2.4	3:50	0.1	6:16	6:19	
19	Thu	9:35	5.1	11:07	4.7	3:56	2.1	4:23	0.1	6:14	6:20	
20	Fri	10:19	5.1	11:28	4.9	4:33	1.7	4:51	0.2	6:13	6:21	
21	Sat	11:01	5.1	11:49	5.0	5:07	1.4	5:18	0.4	6:11	6:22	
22	Sun	11:42	4.9			5:40	1.0	5:43	0.7	6:10	6:23	
23	Mon	12:11	5.2	12:25	4.8	6:13	0.7	6:10	1.0	6:08	6:24	
24	Tue	12:33	5.4	1:09	4.6	6:47	0.4	6:37	1.4	6:07	6:25	
25	Wed	12:58	5.6	1:58	4.4	7:24	0.1	7:07	1.8	6:05	6:26	
26	Thu	1:26	5.7	2:54	4.1	8:06	0.0	7:40	2.2	6:04	6:27	
27	Fri	1:58	5.7	4:02	3.9	8:54	-0.1	8:19	2.6	6:02	6:27	
28	Sat	2:39	5.6	5:28	3.8	9:53	-0.1	9:12	3.0	6:01	6:28	
29	Sun	3:33	5.5	7:00	3.9	11:02	-0.2	10:35	3.2	5:59	6:29	
30	Mon	4:42	5.4	8:08	4.1			12:18	-0.2	5:58	6:30	
31	Tue	6:03	5.3	8:55	4.4	12:20	3.1	1:28	-0.4	5:56	6:31	