

Point San Quentin, CA - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:34	5.2	12:19	5.3	6:16	1.3	6:27	0.4	6:40	6:03	
2	Tue	12:59	5.2	12:58	5.0	6:51	1.1	6:57	0.7	6:39	6:04	
3	Wed	1:25	5.3	1:38	4.7	7:27	1.0	7:27	1.1	6:37	6:05	
4	Thu	1:51	5.3	2:21	4.4	8:04	0.9	7:58	1.5	6:36	6:06	
5	Fri	2:20	5.3	3:09	4.1	8:44	0.9	8:32	1.8	6:35	6:07	
6	Sat	2:54	5.3	4:08	3.8	9:32	0.9	9:11	2.2	6:33	6:08	
7	Sun	3:35	5.2	5:24	3.6	10:28	0.9	10:03	2.5	6:32	6:09	
8	Mon	4:24	5.1	6:54	3.6	11:35	0.8	11:17	2.8	6:30	6:10	
9	Tue	5:25	5.1	8:09	3.8			12:45	0.6	6:29	6:11	
10	Wed	6:32	5.1	9:00	4.1	12:40	2.8	1:46	0.4	6:27	6:12	
11	Thu	7:37	5.3	9:40	4.5	1:49	2.5	2:38	0.1	6:26	6:13	
12	Fri	8:38	5.5	10:16	4.8	2:45	2.2	3:24	-0.2	6:24	6:14	
13	Sat	9:35	5.7	10:50	5.1	3:34	1.7	4:07	-0.3	6:23	6:15	
14	Sun	10:29	5.9	11:25	5.5	4:21	1.2	4:48	-0.3	6:21	6:16	
15	Mon	11:22	5.9			5:08	0.6	5:28	-0.1	6:20	6:17	
16	Tue	12:01	5.8	12:16	5.7	5:55	0.2	6:09	0.2	6:18	6:18	
17	Wed	12:38	6.1	1:11	5.5	6:44	-0.2	6:52	0.6	6:17	6:19	
18	Thu	1:17	6.2	2:09	5.2	7:35	-0.4	7:37	1.1	6:15	6:20	
19	Fri	2:00	6.3	3:11	4.8	8:30	-0.4	8:26	1.6	6:14	6:21	
20	Sat	2:47	6.1	4:20	4.5	9:29	-0.3	9:24	2.0	6:12	6:22	
21	Sun	3:40	5.9	5:39	4.3	10:36	-0.1	10:36	2.4	6:10	6:22	
22	Mon	4:42	5.6	7:00	4.3	11:49	0.0			6:09	6:23	
23	Tue	5:52	5.3	8:09	4.5	12:03	2.5	1:01	0.1	6:07	6:24	
24	Wed	7:05	5.1	9:03	4.7	1:23	2.3	2:04	0.1	6:06	6:25	
25	Thu	8:13	5.1	9:47	4.9	2:29	2.0	2:56	0.2	6:04	6:26	
26	Fri	9:12	5.1	10:23	5.1	3:22	1.6	3:40	0.2	6:03	6:27	
27	Sat	10:04	5.0	10:54	5.2	4:07	1.3	4:18	0.4	6:01	6:28	
28	Sun	10:50	5.0	11:21	5.2	4:47	1.0	4:52	0.6	6:00	6:29	
29	Mon	11:33	4.9	11:46	5.3	5:23	0.7	5:23	0.8	5:58	6:30	
30	Tue			12:14	4.8	5:56	0.5	5:54	1.1	5:57	6:31	
31	Wed	12:11	5.3	12:54	4.6	6:28	0.4	6:24	1.4	5:55	6:32	