

Point San Quentin, CA - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:48	5.5	4:34	5.2	9:27	-0.4	9:57	2.1	5:51	8:36	
2	Fri	3:41	5.1	5:16	5.4	10:09	-0.1	11:02	1.9	5:51	8:36	
3	Sat	4:44	4.6	6:00	5.7	10:56	0.4			5:52	8:36	
4	Sun	6:00	4.2	6:48	5.9	12:14	1.5	11:49 AM	1.0	5:52	8:35	
5	Mon	7:29	3.9	7:38	6.2	1:27	1.0	12:47	1.5	5:53	8:35	
6	Tue	9:00	3.9	8:30	6.4	2:34	0.5	1:51	1.9	5:53	8:35	
7	Wed	10:19	4.1	9:23	6.6	3:35	-0.1	2:55	2.2	5:54	8:35	
8	Thu	11:23	4.4	10:15	6.8	4:29	-0.5	3:56	2.3	5:55	8:34	
9	Fri			12:17	4.7	5:19	-0.8	4:54	2.4	5:55	8:34	
10	Sat			1:05	4.9	6:05	-1.0	5:48	2.4	5:56	8:34	
11	Sun			1:50	5.1	6:49	-1.0	6:41	2.3	5:57	8:33	
12	Mon	12:41	6.5	2:31	5.2	7:31	-0.9	7:32	2.2	5:57	8:33	
13	Tue	1:27	6.2	3:10	5.3	8:11	-0.7	8:22	2.2	5:58	8:32	
14	Wed	2:13	5.8	3:48	5.3	8:50	-0.3	9:14	2.1	5:59	8:32	
15	Thu	2:59	5.3	4:25	5.3	9:28	0.1	10:09	2.0	5:59	8:31	
16	Fri	3:47	4.8	5:01	5.3	10:07	0.6	11:08	1.9	6:00	8:31	
17	Sat	4:42	4.3	5:39	5.3	10:48	1.1			6:01	8:30	
18	Sun	5:48	3.9	6:20	5.4	12:12	1.8	11:33 AM	1.6	6:02	8:30	
19	Mon	7:12	3.6	7:04	5.5	1:18	1.6	12:26	2.0	6:02	8:29	
20	Tue	8:44	3.6	7:51	5.6	2:21	1.2	1:26	2.4	6:03	8:28	
21	Wed	10:03	3.8	8:39	5.7	3:16	0.9	2:27	2.6	6:04	8:28	
22	Thu	11:00	4.0	9:25	5.9	4:03	0.5	3:22	2.7	6:05	8:27	
23	Fri	11:44	4.3	10:10	6.1	4:44	0.2	4:11	2.7	6:05	8:26	
24	Sat			12:22	4.5	5:22	-0.1	4:56	2.7	6:06	8:25	
25	Sun			12:57	4.7	5:57	-0.3	5:38	2.5	6:07	8:25	
26	Mon			1:30	4.9	6:32	-0.5	6:21	2.4	6:08	8:24	
27	Tue	12:21	6.3	2:04	5.1	7:08	-0.6	7:05	2.1	6:09	8:23	
28	Wed	1:06	6.2	2:38	5.3	7:44	-0.5	7:51	1.9	6:09	8:22	
29	Thu	1:53	6.0	3:14	5.5	8:21	-0.3	8:42	1.7	6:10	8:21	
30	Fri	2:43	5.6	3:52	5.7	9:01	0.0	9:37	1.4	6:11	8:20	
31	Sat	3:39	5.2	4:33	5.9	9:43	0.5	10:40	1.2	6:12	8:19	