

Point San Quentin, CA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:44	4.7	5:19	6.1	10:30	1.1	11:49	1.0	6:13	8:18	
2	Mon	6:03	4.2	6:11	6.2	11:24	1.6			6:14	8:17	
3	Tue	7:33	4.0	7:08	6.3	1:04	0.7	12:28	2.1	6:15	8:16	
4	Wed	9:03	4.1	8:08	6.4	2:16	0.4	1:41	2.4	6:15	8:15	
5	Thu	10:16	4.4	9:08	6.5	3:20	0.0	2:53	2.5	6:16	8:14	
6	Fri	11:13	4.7	10:04	6.5	4:16	-0.3	3:56	2.5	6:17	8:13	
7	Sat			12:00	5.0	5:05	-0.4	4:53	2.3	6:18	8:12	
8	Sun			12:42	5.1	5:49	-0.5	5:43	2.2	6:19	8:11	
9	Mon			1:20	5.3	6:30	-0.4	6:31	2.0	6:20	8:10	
10	Tue	12:31	6.2	1:55	5.3	7:07	-0.3	7:15	1.8	6:21	8:09	
11	Wed	1:15	5.9	2:28	5.4	7:42	0.0	7:59	1.7	6:21	8:07	
12	Thu	1:58	5.6	2:59	5.4	8:17	0.3	8:42	1.7	6:22	8:06	
13	Fri	2:42	5.2	3:29	5.4	8:51	0.7	9:27	1.6	6:23	8:05	
14	Sat	3:27	4.8	4:01	5.4	9:26	1.2	10:15	1.6	6:24	8:04	
15	Sun	4:18	4.4	4:36	5.4	10:03	1.7	11:10	1.5	6:25	8:02	
16	Mon	5:20	4.0	5:16	5.4	10:46	2.1			6:26	8:01	
17	Tue	6:39	3.8	6:04	5.4	12:14	1.4	11:39 AM	2.5	6:27	8:00	
18	Wed	8:12	3.8	6:59	5.4	1:22	1.3	12:47	2.8	6:28	7:59	
19	Thu	9:30	3.9	7:56	5.5	2:25	1.0	1:58	2.9	6:28	7:57	
20	Fri	10:24	4.2	8:52	5.7	3:19	0.7	2:59	2.8	6:29	7:56	
21	Sat	11:05	4.4	9:44	5.9	4:05	0.4	3:50	2.6	6:30	7:55	
22	Sun	11:40	4.7	10:33	6.1	4:45	0.1	4:36	2.4	6:31	7:53	
23	Mon			12:13	4.9	5:23	-0.1	5:19	2.1	6:32	7:52	
24	Tue			12:45	5.2	6:00	-0.2	6:02	1.7	6:33	7:50	
25	Wed	12:09	6.3	1:19	5.5	6:36	-0.2	6:47	1.4	6:34	7:49	
26	Thu	12:58	6.2	1:53	5.7	7:14	0.0	7:34	1.0	6:34	7:48	
27	Fri	1:49	5.9	2:30	6.0	7:53	0.3	8:24	0.7	6:35	7:46	
28	Sat	2:43	5.6	3:09	6.2	8:34	0.7	9:18	0.6	6:36	7:45	
29	Sun	3:42	5.2	3:52	6.2	9:18	1.2	10:18	0.5	6:37	7:43	
30	Mon	4:49	4.7	4:42	6.2	10:09	1.8	11:25	0.4	6:38	7:42	
31	Tue	6:08	4.4	5:39	6.1	11:10	2.2			6:39	7:40	