

Point San Quentin, CA - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:18	5.6	5:55	3.9	11:05	0.5	10:46	2.2	6:41	6:03	
2	Thu	5:17	5.6	7:25	4.0			12:19	0.3	6:39	6:04	
3	Fri	6:25	5.7	8:39	4.3	12:06	2.5	1:31	0.0	6:38	6:05	
4	Sat	7:33	5.8	9:35	4.6	1:27	2.4	2:33	-0.3	6:37	6:06	
5	Sun	8:38	6.0	10:21	5.0	2:35	2.1	3:27	-0.5	6:35	6:07	
6	Mon	9:37	6.1	11:02	5.3	3:34	1.8	4:15	-0.6	6:34	6:08	
7	Tue	10:32	6.1	11:41	5.5	4:26	1.4	4:59	-0.5	6:32	6:09	
8	Wed	11:24	6.0			5:15	1.0	5:41	-0.4	6:31	6:10	
9	Thu	12:18	5.7	12:14	5.8	6:02	0.7	6:21	-0.1	6:29	6:11	
10	Fri	12:54	5.7	1:03	5.5	6:48	0.6	7:00	0.3	6:28	6:12	
11	Sat	1:29	5.7	1:53	5.1	7:34	0.5	7:40	0.8	6:26	6:13	
12	Sun	2:05	5.7	2:45	4.7	8:21	0.5	8:21	1.3	6:25	6:13	
13	Mon	2:41	5.5	3:43	4.3	9:10	0.6	9:06	1.8	6:23	6:14	
14	Tue	3:20	5.3	4:51	4.0	10:05	0.7	9:59	2.2	6:22	6:15	
15	Wed	4:05	5.1	6:12	3.9	11:08	0.8	11:08	2.5	6:20	6:16	
16	Thu	4:58	4.9	7:35	3.9			12:17	0.8	6:19	6:17	
17	Fri	6:01	4.8	8:38	4.1	12:27	2.6	1:22	0.7	6:17	6:18	
18	Sat	7:06	4.8	9:23	4.3	1:37	2.5	2:18	0.6	6:16	6:19	
19	Sun	8:06	4.9	9:58	4.5	2:33	2.3	3:04	0.4	6:14	6:20	
20	Mon	8:59	5.0	10:28	4.7	3:19	2.0	3:43	0.3	6:13	6:21	
21	Tue	9:47	5.1	10:56	4.9	3:59	1.7	4:17	0.3	6:11	6:22	
22	Wed	10:32	5.2	11:24	5.1	4:35	1.4	4:50	0.3	6:10	6:23	
23	Thu	11:15	5.3	11:53	5.3	5:10	1.0	5:22	0.4	6:08	6:24	
24	Fri	11:59	5.2			5:45	0.7	5:55	0.5	6:07	6:25	
25	Sat	12:23	5.5	12:45	5.1	6:23	0.4	6:29	0.8	6:05	6:26	
26	Sun	12:55	5.6	1:33	4.9	7:03	0.1	7:06	1.1	6:04	6:27	
27	Mon	1:30	5.7	2:26	4.7	7:48	-0.1	7:47	1.5	6:02	6:28	
28	Tue	2:08	5.8	3:26	4.5	8:38	-0.2	8:34	1.8	6:00	6:28	
29	Wed	2:53	5.7	4:36	4.2	9:35	-0.2	9:31	2.2	5:59	6:29	
30	Thu	3:47	5.6	5:54	4.2	10:41	-0.1	10:45	2.4	5:57	6:30	
31	Fri	4:52	5.4	7:10	4.3	11:53	-0.1			5:56	6:31	