

Point San Quentin, CA - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:02	4.9	10:48 AM	6.5	4:45	2.4	5:46	-0.8	7:25	5:00	
2	Wed	12:48	5.0	11:28 AM	6.4	5:32	2.5	6:25	-0.8	7:25	5:01	
3	Thu	1:31	5.0	12:07	6.2	6:18	2.6	7:02	-0.7	7:26	5:02	
4	Fri	2:11	5.0	12:45	5.9	7:03	2.6	7:38	-0.5	7:26	5:03	
5	Sat	2:49	5.0	1:24	5.5	7:48	2.6	8:14	-0.2	7:26	5:04	
6	Sun	3:26	4.9	2:05	5.1	8:37	2.6	8:52	0.1	7:26	5:05	
7	Mon	4:03	4.9	2:50	4.7	9:32	2.5	9:31	0.5	7:26	5:06	
8	Tue	4:41	4.9	3:43	4.2	10:34	2.4	10:13	0.9	7:26	5:06	
9	Wed	5:21	5.0	4:52	3.8	11:43	2.2	11:00	1.4	7:25	5:07	
10	Thu	6:03	5.2	6:18	3.6			12:49	1.8	7:25	5:08	
11	Fri	6:46	5.3	7:50	3.6			1:47	1.4	7:25	5:09	
12	Sat	7:29	5.6	9:07	3.8	12:52	2.1	2:36	0.9	7:25	5:10	
13	Sun	8:12	5.8	10:07	4.1	1:49	2.4	3:19	0.4	7:25	5:11	
14	Mon	8:55	6.1	10:56	4.4	2:42	2.5	3:59	-0.1	7:24	5:12	
15	Tue	9:38	6.3	11:40	4.7	3:30	2.6	4:39	-0.6	7:24	5:13	
16	Wed	10:22	6.5			4:17	2.6	5:19	-0.9	7:24	5:14	
17	Thu	12:22	4.9	11:07 AM	6.7	5:03	2.5	6:00	-1.1	7:23	5:15	
18	Fri	1:02	5.1	11:54 AM	6.7	5:50	2.3	6:42	-1.2	7:23	5:16	
19	Sat	1:43	5.2	12:42	6.5	6:40	2.2	7:25	-1.1	7:23	5:18	
20	Sun	2:24	5.4	1:33	6.2	7:33	2.0	8:09	-0.8	7:22	5:19	
21	Mon	3:07	5.5	2:29	5.7	8:31	1.8	8:55	-0.3	7:22	5:20	
22	Tue	3:52	5.6	3:32	5.1	9:37	1.7	9:45	0.3	7:21	5:21	
23	Wed	4:39	5.8	4:47	4.5	10:51	1.4	10:39	0.9	7:21	5:22	
24	Thu	5:31	5.9	6:15	4.1			12:10	1.1	7:20	5:23	
25	Fri	6:25	6.0	7:49	4.0			1:24	0.7	7:19	5:24	
26	Sat	7:20	6.1	9:09	4.3	12:48	2.0	2:28	0.2	7:19	5:25	
27	Sun	8:14	6.2	10:13	4.5	1:55	2.2	3:24	-0.1	7:18	5:26	
28	Mon	9:04	6.3	11:05	4.8	2:56	2.4	4:11	-0.4	7:17	5:27	
29	Tue	9:51	6.3	11:49	4.9	3:51	2.4	4:53	-0.5	7:16	5:29	
30	Wed	10:34	6.2			4:39	2.4	5:31	-0.5	7:16	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	12:28	5.0	11:15 AM	6.1	5:23	2.3	6:06	-0.5	7:15	5:31	