

Point San Quentin, CA - Dec 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:01	4.5	12:57	5.8	7:08	3.3	8:09	-0.6	7:07	4:50	
2	Sat	3:44	4.5	1:41	5.6	7:57	3.2	8:52	-0.5	7:08	4:50	
3	Sun	4:27	4.6	2:31	5.2	8:57	3.2	9:39	-0.3	7:09	4:50	
4	Mon	5:10	4.7	3:32	4.8	10:12	2.9	10:28	0.0	7:10	4:50	
5	Tue	5:51	5.0	4:48	4.4	11:32	2.5	11:20	0.5	7:10	4:50	
6	Wed	6:30	5.3	6:17	4.1			12:46	1.8	7:11	4:50	
7	Thu	7:10	5.7	7:49	4.0	12:14	1.0	1:48	1.0	7:12	4:50	
8	Fri	7:49	6.2	9:13	4.2	1:08	1.5	2:43	0.2	7:13	4:50	
9	Sat	8:30	6.6	10:24	4.4	2:02	1.9	3:34	-0.5	7:14	4:50	
10	Sun	9:13	6.9	11:26	4.7	2:56	2.3	4:22	-1.1	7:15	4:50	
11	Mon	9:58	7.1			3:49	2.6	5:10	-1.4	7:15	4:50	
12	Tue	12:22	4.9	10:45 AM	7.1	4:42	2.8	5:58	-1.6	7:16	4:51	
13	Wed	1:13	5.0	11:34 AM	7.0	5:35	2.9	6:45	-1.5	7:17	4:51	
14	Thu	2:02	5.0	12:23	6.7	6:30	2.9	7:32	-1.3	7:18	4:51	
15	Fri	2:50	5.0	1:12	6.3	7:27	2.8	8:19	-1.0	7:18	4:51	
16	Sat	3:36	5.0	2:03	5.7	8:28	2.8	9:04	-0.5	7:19	4:52	
17	Sun	4:22	5.0	2:57	5.1	9:35	2.7	9:50	0.0	7:20	4:52	
18	Mon	5:06	5.1	3:57	4.5	10:48	2.4	10:36	0.6	7:20	4:52	
19	Tue	5:49	5.2	5:12	3.9			12:02	2.1	7:21	4:53	
20	Wed	6:28	5.3	6:43	3.6			1:09	1.6	7:21	4:53	
21	Thu	7:06	5.4	8:20	3.5	12:15	1.7	2:07	1.1	7:22	4:54	
22	Fri	7:41	5.6	9:41	3.8	1:07	2.2	2:56	0.7	7:22	4:54	
23	Sat	8:17	5.7	10:42	4.0	2:00	2.6	3:38	0.3	7:23	4:55	
24	Sun	8:53	5.9	11:30	4.3	2:50	2.9	4:16	-0.1	7:23	4:55	
25	Mon	9:30	6.0			3:36	3.1	4:52	-0.3	7:23	4:56	
26	Tue	12:11	4.5	10:08 AM	6.1	4:18	3.2	5:27	-0.5	7:24	4:57	
27	Wed	12:47	4.6	10:47 AM	6.2	4:58	3.2	6:01	-0.7	7:24	4:57	
28	Thu	1:21	4.6	11:26 AM	6.2	5:36	3.1	6:36	-0.8	7:24	4:58	
29	Fri	1:55	4.7	12:06	6.1	6:15	3.1	7:11	-0.9	7:25	4:59	
30	Sat	2:29	4.7	12:47	6.0	6:58	2.9	7:48	-0.8	7:25	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	3:02	4.9	1:32	5.7	7:47	2.8	8:22	-0.5	7:25	5:00	