

Point San Quentin, CA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:31	5.0	2:22	5.2	8:40	2.4	9:01	-0.1	7:25	5:01	
2	Tue	4:07	5.3	3:22	4.6	9:45	2.1	9:43	0.4	7:25	5:02	
3	Wed	4:46	5.5	4:39	4.1	10:57	1.7	10:30	1.1	7:26	5:02	
4	Thu	5:28	5.8	6:17	3.7			12:13	1.2	7:26	5:03	
5	Fri	6:14	6.1	8:02	3.7			1:24	0.5	7:26	5:04	
6	Sat	7:05	6.4	9:29	4.0	12:27	2.3	2:27	-0.1	7:26	5:05	
7	Sun	7:59	6.6	10:35	4.4	1:35	2.7	3:24	-0.6	7:26	5:06	
8	Mon	8:53	6.8	11:27	4.7	2:42	2.9	4:15	-1.0	7:25	5:07	
9	Tue	9:46	6.9			3:43	2.9	5:03	-1.2	7:25	5:08	
10	Wed	12:13	4.9	10:38 AM	6.9	4:39	2.8	5:48	-1.3	7:25	5:09	
11	Thu	12:55	5.1	11:27 AM	6.7	5:33	2.6	6:30	-1.2	7:25	5:10	
12	Fri	1:35	5.2	12:15	6.4	6:24	2.5	7:10	-1.0	7:25	5:11	
13	Sat	2:12	5.2	1:01	6.0	7:15	2.3	7:48	-0.6	7:25	5:12	
14	Sun	2:48	5.3	1:47	5.4	8:07	2.2	8:24	-0.1	7:24	5:13	
15	Mon	3:23	5.3	2:36	4.8	9:02	2.0	8:59	0.5	7:24	5:14	
16	Tue	3:57	5.3	3:31	4.2	10:01	1.9	9:36	1.1	7:24	5:15	
17	Wed	4:31	5.3	4:41	3.7	11:06	1.7	10:16	1.7	7:23	5:16	
18	Thu	5:08	5.4	6:18	3.4			12:14	1.4	7:23	5:17	
19	Fri	5:50	5.4	8:16	3.4			1:19	1.1	7:22	5:18	
20	Sat	6:36	5.5	9:41	3.8	12:07	2.8	2:17	0.7	7:22	5:19	
21	Sun	7:26	5.6	10:33	4.1	1:20	3.1	3:07	0.3	7:21	5:20	
22	Mon	8:16	5.8	11:11	4.3	2:24	3.2	3:50	0.0	7:21	5:21	
23	Tue	9:04	6.0	11:43	4.5	3:16	3.1	4:28	-0.3	7:20	5:22	
24	Wed	9:49	6.1			4:00	3.0	5:04	-0.6	7:20	5:24	
25	Thu	12:13	4.6	10:32 AM	6.3	4:40	2.9	5:37	-0.8	7:19	5:25	
26	Fri	12:41	4.7	11:14 AM	6.3	5:19	2.6	6:10	-0.9	7:18	5:26	
27	Sat	1:10	4.9	11:56 AM	6.2	6:00	2.4	6:43	-0.8	7:18	5:27	
28	Sun	1:39	5.1	12:41	6.0	6:43	2.1	7:17	-0.6	7:17	5:28	
29	Mon	2:09	5.3	1:29	5.6	7:31	1.8	7:52	-0.2	7:16	5:29	
30	Tue	2:40	5.5	2:22	5.0	8:23	1.5	8:29	0.4	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	3:15	5.7	3:26	4.4	9:23	1.2	9:08	1.1	7:14	5:31	