

Point San Quentin, CA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:59	3.5	8:16	5.7	2:42	1.0	1:40	2.2	5:51	8:36	
2	Mon	10:25	3.7	8:56	5.8	3:36	0.6	2:37	2.6	5:51	8:36	
3	Tue	11:30	4.0	9:36	5.9	4:23	0.2	3:31	2.9	5:52	8:36	
4	Wed			12:20	4.2	5:04	-0.1	4:21	3.1	5:52	8:35	
5	Thu			1:00	4.4	5:42	-0.3	5:06	3.1	5:53	8:35	
6	Fri			1:36	4.5	6:18	-0.4	5:47	3.1	5:53	8:35	
7	Sat			2:08	4.5	6:52	-0.6	6:25	3.0	5:54	8:35	
8	Sun	12:15	6.1	2:38	4.6	7:25	-0.7	7:04	2.9	5:54	8:34	
9	Mon	12:54	6.0	3:08	4.7	7:57	-0.7	7:45	2.8	5:55	8:34	
10	Tue	1:34	5.9	3:38	4.8	8:30	-0.7	8:29	2.6	5:56	8:34	
11	Wed	2:16	5.6	4:09	5.0	9:04	-0.5	9:19	2.4	5:56	8:33	
12	Thu	3:02	5.2	4:42	5.2	9:39	-0.1	10:17	2.1	5:57	8:33	
13	Fri	3:56	4.7	5:16	5.5	10:17	0.4	11:21	1.7	5:58	8:33	
14	Sat	5:04	4.2	5:55	5.8	10:59	1.0			5:58	8:32	
15	Sun	6:32	3.8	6:39	6.1	12:32	1.3	11:48 AM	1.7	5:59	8:32	
16	Mon	8:15	3.7	7:28	6.3	1:43	0.7	12:46	2.3	6:00	8:31	
17	Tue	9:51	3.9	8:23	6.6	2:50	0.1	1:53	2.7	6:01	8:31	
18	Wed	11:04	4.2	9:20	6.8	3:51	-0.4	3:03	2.9	6:01	8:30	
19	Thu			12:00	4.5	4:46	-0.8	4:08	2.9	6:02	8:29	
20	Fri			12:47	4.8	5:37	-1.1	5:07	2.8	6:03	8:29	
21	Sat			1:30	5.0	6:24	-1.2	6:04	2.6	6:04	8:28	
22	Sun	12:04	6.9	2:10	5.1	7:08	-1.2	6:58	2.4	6:04	8:27	
23	Mon	12:55	6.6	2:48	5.3	7:50	-1.0	7:51	2.2	6:05	8:27	
24	Tue	1:45	6.2	3:25	5.4	8:29	-0.6	8:45	2.0	6:06	8:26	
25	Wed	2:34	5.7	4:00	5.5	9:07	-0.1	9:41	1.8	6:07	8:25	
26	Thu	3:25	5.1	4:35	5.5	9:44	0.5	10:39	1.7	6:08	8:24	
27	Fri	4:22	4.5	5:11	5.5	10:22	1.1	11:42	1.5	6:08	8:23	
28	Sat	5:30	3.9	5:49	5.6	11:03	1.8			6:09	8:23	
29	Sun	7:00	3.6	6:31	5.6	12:49	1.3	11:52 AM	2.4	6:10	8:22	
30	Mon	8:51	3.6	7:18	5.6	1:55	1.1	12:55	2.8	6:11	8:21	
31	Tue	10:19	3.9	8:09	5.7	2:57	0.8	2:07	3.1	6:12	8:20	