
























Point San Quentin, CA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:24	5.8	3:31	4.1	8:56	0.4	8:32	2.0	6:40	6:03	
2	Mon	3:02	5.8	4:52	3.8	9:55	0.3	9:18	2.5	6:39	6:04	
3	Tue	3:49	5.8	6:34	3.7	11:06	0.2	10:23	2.9	6:37	6:05	
4	Wed	4:51	5.8	8:07	3.9			12:25	0.0	6:36	6:06	
5	Thu	6:04	5.8	9:08	4.3			1:39	-0.2	6:34	6:07	
6	Fri	7:20	5.8	9:53	4.6	1:26	2.9	2:41	-0.5	6:33	6:08	
7	Sat	8:30	6.0	10:31	4.9	2:37	2.5	3:33	-0.7	6:32	6:09	
8	Sun	10:32	6.0			4:35	2.0	5:18	-0.7	7:30	7:10	
9	Mon	12:06	5.2	11:28 AM	6.0	5:27	1.4	5:59	-0.5	7:29	7:11	
10	Tue	12:40	5.5	12:22	5.8	6:16	0.9	6:37	-0.2	7:27	7:12	
11	Wed	1:12	5.7	1:13	5.5	7:03	0.5	7:13	0.2	7:26	7:13	
12	Thu	1:44	5.8	2:05	5.2	7:48	0.3	7:49	0.8	7:24	7:14	
13	Fri	2:15	5.9	2:57	4.8	8:33	0.1	8:25	1.3	7:23	7:15	
14	Sat	2:46	5.8	3:53	4.4	9:19	0.1	9:03	1.9	7:21	7:16	
15	Sun	3:19	5.7	4:56	4.0	10:07	0.2	9:44	2.4	7:20	7:17	
16	Mon	3:56	5.5	6:15	3.8	11:02	0.4	10:36	2.8	7:18	7:18	
17	Tue	4:40	5.2	7:52	3.8			12:06	0.5	7:17	7:19	
18	Wed	5:36	5.0	9:14	3.9			1:18	0.6	7:15	7:20	
19	Thu	6:44	4.8	10:04	4.1	1:26	3.1	2:25	0.5	7:14	7:21	
20	Fri	7:56	4.8	10:39	4.3	2:40	2.9	3:21	0.4	7:12	7:21	
21	Sat	8:59	4.9	11:06	4.4	3:35	2.6	4:05	0.2	7:10	7:22	
22	Sun	9:55	5.0	11:29	4.6	4:20	2.2	4:42	0.2	7:09	7:23	
23	Mon	10:44	5.0	11:52	4.8	4:59	1.8	5:14	0.2	7:07	7:24	
24	Tue	11:30	5.1			5:34	1.4	5:44	0.3	7:06	7:25	
25	Wed	12:15	5.1	12:16	5.0	6:09	0.9	6:14	0.6	7:04	7:26	
26	Thu	12:40	5.4	1:03	5.0	6:44	0.5	6:45	0.9	7:03	7:27	
27	Fri	1:06	5.6	1:51	4.8	7:21	0.1	7:17	1.3	7:01	7:28	
28	Sat	1:35	5.8	2:44	4.6	8:02	-0.2	7:52	1.7	7:00	7:29	
29	Sun	2:07	6.0	3:41	4.4	8:47	-0.4	8:31	2.1	6:58	7:30	
30	Mon	2:45	6.0	4:47	4.1	9:38	-0.5	9:16	2.5	6:57	7:31	
31	Tue	3:30	5.9	6:04	4.0	10:37	-0.5	10:14	2.8	6:55	7:32	