US HARBORS www.USHarbors.com

Point San Quentin, CA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:08	5.0	11:42 AM	7.0	5:41	2.6	6:42	-1.5	7:25	5:01	
2	Sat	1:49	5.2	12:34	6.7	6:36	2.4	7:26	-1.3	7:25	5:02	
3	Sun	2:29	5.4	1:28	6.3	7:33	2.1	8:10	-0.9	7:25	5:03	
4	Mon	3:11	5.5	2:25	5.7	8:36	1.9	8:55	-0.4	7:26	5:03	
5	Tue	3:54	5.7	3:29	4.9	9:44	1.6	9:41	0.3	7:26	5:04	
6	Wed	4:39	5.9	4:45	4.3	10:59	1.3	10:31	1.1	7:26	5:05	
7	Thu	5:26	6.0	6:18	3.8			12:16	1.0	7:25	5:06	
8	Fri	6:16	6.1	7:58	3.8			1:27	0.5	7:25	5:07	
9	Sat	7:08	6.2	9:23	4.0	12:33	2.3	2:30	0.1	7:25	5:08	
10	Sun	8:00	6.2	10:27	4.4	1:41	2.7	3:24	-0.2	7:25	5:09	
11	Mon	8:49	6.2	11:16	4.6	2:45	2.9	4:10	-0.4	7:25	5:10	
12	Tue	9:34	6.2	11:58	4.7	3:40	2.9	4:51	-0.5	7:25	5:11	
13	Wed	10:17	6.2			4:28	2.9	5:27	-0.5	7:24	5:12	
14	Thu	12:34	4.8	10:56 AM	6.1	5:10	2.8	6:00	-0.5	7:24	5:13	
15	Fri	1:05	4.8	11:33 AM	5.9	5:49	2.7	6:31	-0.5	7:24	5:14	
16	Sat	1:34	4.8	12:10	5.8	6:26	2.6	7:00	-0.3	7:23	5:15	
17	Sun	2:00	4.8	12:46	5.5	7:03	2.4	7:28	-0.1	7:23	5:16	
18	Mon	2:25	4.9	1:23	5.1	7:43	2.3	7:57	0.2	7:23	5:17	
19	Tue	2:51	5.0	2:04	4.7	8:25	2.1	8:26	0.6	7:22	5:18	
20	Wed	3:19	5.2	2:51	4.3	9:13	2.0	8:58	1.0	7:22	5:19	
21	Thu	3:51	5.3	3:52	3.8	10:09	1.8	9:34	1.6	7:21	5:20	
22	Fri	4:27	5.4	5:17	3.5	11:14	1.5	10:17	2.1	7:21	5:22	
23	Sat	5:10	5.6	7:07	3.4			12:24	1.1	7:20	5:23	
24	Sun	6:01	5.8	8:47	3.7			1:31	0.6	7:19	5:24	
25	Mon	6:57	6.0	9:52	4.0	12:30	2.9	2:30	0.0	7:19	5:25	
26	Tue	7:56	6.3	10:40	4.4	1:44	3.0	3:22	-0.5	7:18	5:26	
27	Wed	8:54	6.6	11:20	4.7	2:49	2.9	4:10	-0.9	7:17	5:27	
28	Thu	9:49	6.8	11:58	5.0	3:46	2.7	4:55	-1.2	7:17	5:28	
29	Fri	10:43	6.9			4:40	2.3	5:39	-1.3	7:16	5:29	
30	Sat	12:35	5.2	11:36 AM	6.8	5:33	1.9	6:21	-1.2	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	**1:12**	5.5	**12:29**	6.5	**6:26**	1.6	**7:01**	-0.9	7:14	5:32	◯