





























Point San Quentin, CA - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:29	5.8	12:27	5.9	6:14	0.6	6:32	-0.1	6:41	6:03	
2	Tue	1:05	6.0	1:22	5.5	7:05	0.2	7:12	0.5	6:39	6:04	
3	Wed	1:41	6.2	2:20	5.0	7:57	0.0	7:53	1.1	6:38	6:05	
4	Thu	2:20	6.2	3:23	4.5	8:52	0.0	8:37	1.7	6:36	6:06	
5	Fri	3:01	6.0	4:37	4.1	9:52	0.1	9:28	2.3	6:35	6:07	
6	Sat	3:48	5.8	6:08	3.9	10:59	0.3	10:36	2.7	6:33	6:08	
7	Sun	4:44	5.5	7:41	4.0			12:13	0.3	6:32	6:09	
8	Mon	5:50	5.2	8:50	4.2	12:04	2.9	1:25	0.3	6:30	6:10	
9	Tue	7:00	5.1	9:38	4.4	1:26	2.9	2:25	0.3	6:29	6:11	
10	Wed	8:04	5.1	10:15	4.6	2:30	2.6	3:14	0.2	6:27	6:12	
11	Thu	8:59	5.2	10:45	4.7	3:20	2.3	3:54	0.1	6:26	6:13	
12	Fri	9:47	5.2	11:10	4.8	4:02	2.0	4:27	0.2	6:24	6:14	
13	Sat	10:30	5.2	11:32	4.9	4:40	1.7	4:57	0.3	6:23	6:15	
14	Sun			12:11	5.1	6:14	1.4	6:24	0.4	7:21	7:16	
15	Mon	12:54	5.1	12:51	5.0	6:46	1.1	6:51	0.7	7:20	7:17	
16	Tue	1:16	5.2	1:32	4.8	7:18	0.8	7:18	1.0	7:18	7:17	
17	Wed	1:40	5.4	2:15	4.6	7:52	0.5	7:46	1.3	7:17	7:18	
18	Thu	2:06	5.5	3:01	4.4	8:28	0.3	8:16	1.7	7:15	7:19	
19	Fri	2:35	5.6	3:54	4.1	9:08	0.2	8:50	2.1	7:14	7:20	
20	Sat	3:08	5.6	4:57	3.9	9:56	0.1	9:30	2.5	7:12	7:21	
21	Sun	3:49	5.6	6:17	3.8	10:53	0.1	10:23	2.8	7:11	7:22	
22	Mon	4:42	5.5	7:44	3.8			12:01	0.1	7:09	7:23	
23	Tue	5:48	5.4	8:56	4.0			1:15	0.0	7:08	7:24	
24	Wed	7:05	5.3	9:46	4.4	1:15	2.9	2:24	-0.2	7:06	7:25	
25	Thu	8:22	5.4	10:26	4.7	2:36	2.5	3:22	-0.3	7:05	7:26	
26	Fri	9:32	5.5	11:02	5.1	3:39	1.9	4:12	-0.4	7:03	7:27	
27	Sat	10:36	5.6	11:37	5.5	4:34	1.3	4:57	-0.2	7:02	7:28	
28	Sun	11:36	5.6			5:25	0.6	5:39	0.0	7:00	7:29	
29	Mon	12:11	5.8	12:33	5.5	6:14	0.0	6:20	0.4	6:59	7:30	
30	Tue	12:46	6.1	1:29	5.3	7:01	-0.4	7:01	0.9	6:57	7:31	
31	Wed	1:22	6.2	2:25	5.0	7:48	-0.6	7:42	1.4	6:56	7:31	