US HARBORS www.USHarbors.com

Point San Quentin, CA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:14	5.3	10:14	4.5	1:41	3.1	2:54	0.2	6:41	6:03	
2	Thu	8:15	5.3	10:51	4.6	2:45	3.0	3:42	0.0	6:39	6:04	
3	Fri	9:07	5.4	11:21	4.7	3:35	2.7	4:21	-0.1	6:38	6:05	
4	Sat	9:53	5.5	11:47	4.7	4:16	2.5	4:55	-0.2	6:36	6:06	
5	Sun	10:34	5.5			4:52	2.2	5:24	-0.2	6:35	6:07	
6	Mon	12:11	4.8	11:13 AM	5.5	5:26	1.9	5:51	-0.1	6:34	6:08	
7	Tue	12:33	4.9	11:52 AM	5.4	5:58	1.6	6:17	0.1	6:32	6:09	
8	Wed	12:55	5.0	12:31	5.1	6:32	1.4	6:42	0.4	6:31	6:10	
9	Thu	1:17	5.2	1:12	4.9	7:07	1.1	7:09	0.8	6:29	6:11	
10	Fri	1:41	5.3	1:58	4.6	7:45	0.8	7:38	1.2	6:28	6:12	
11	Sat	2:08	5.4	2:52	4.2	8:29	0.6	8:10	1.8	6:26	6:13	
12	Sun	3:38	5.5	5:01	3.9	10:19	0.4	9:47	2.3	7:25	7:14	
13	Mon	4:16	5.6	6:34	3.7	11:20	0.3	10:35	2.8	7:23	7:14	
14	Tue	5:06	5.5	8:24	3.7			12:32	0.2	7:22	7:15	
15	Wed	6:11	5.5	9:43	4.0			1:50	-0.1	7:20	7:16	
16	Thu	7:29	5.6	10:33	4.4	1:34	3.2	3:00	-0.4	7:19	7:17	
17	Fri	8:44	5.7	11:12	4.7	2:57	2.9	3:59	-0.7	7:17	7:18	
18	Sat	9:52	5.9	11:47	5.0	4:01	2.4	4:49	-0.8	7:16	7:19	
19	Sun	10:53	6.0			4:56	1.9	5:34	-0.8	7:14	7:20	
20	Mon	12:21	5.2	11:49 AM	6.0	5:46	1.3	6:15	-0.6	7:13	7:21	
21	Tue	12:53	5.5	12:44	5.8	6:34	0.7	6:54	-0.2	7:11	7:22	
22	Wed	1:26	5.7	1:38	5.5	7:22	0.3	7:32	0.3	7:10	7:23	
23	Thu	1:58	5.9	2:33	5.1	8:10	0.0	8:10	0.9	7:08	7:24	
24	Fri	2:30	5.9	3:31	4.7	8:58	-0.1	8:49	1.5	7:06	7:25	
25	Sat	3:04	5.9	4:35	4.3	9:48	-0.1	9:31	2.2	7:05	7:26	
26	Sun	3:40	5.7	5:51	4.0	10:42	0.0	10:23	2.7	7:03	7:27	
27	Mon	4:21	5.4	7:24	4.0	11:43	0.2	11:35	3.1	7:02	7:28	
28	Tue	5:13	5.1	8:52	4.1			12:54	0.3	7:00	7:29	
29	Wed	6:18	4.8	9:52	4.3	1:09	3.2	2:06	0.3	6:59	7:29	
30	Thu	7:33	4.7	10:33	4.4	2:29	3.0	3:08	0.3	6:57	7:30	
31	Fri	8:42	4.7	11:05	4.5	3:28	2.7	3:57	0.2	6:56	7:31	