

Point San Quentin, CA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:07	5.5	9:40	4.1			1:52	0.0	6:40	6:03	
2	Mon	7:19	5.7	10:17	4.4	1:28	3.2	2:51	-0.4	6:38	6:04	
3	Tue	8:26	6.0	10:50	4.7	2:36	2.9	3:42	-0.8	6:37	6:05	
4	Wed	9:27	6.3	11:22	4.9	3:32	2.4	4:26	-1.0	6:36	6:06	
5	Thu	10:23	6.4	11:54	5.2	4:23	1.9	5:08	-1.0	6:34	6:07	
6	Fri	11:18	6.3			5:13	1.3	5:48	-0.8	6:33	6:08	
7	Sat	12:27	5.6	12:13	6.0	6:03	0.8	6:26	-0.3	6:31	6:09	
8	Sun	1:00	5.8	2:08	5.6	7:54	0.3	8:05	0.3	7:30	7:10	
9	Mon	2:34	6.1	3:07	5.1	8:46	0.0	8:44	0.9	7:28	7:11	
10	Tue	3:10	6.1	4:12	4.6	9:41	-0.1	9:26	1.6	7:27	7:12	
11	Wed	3:50	6.1	5:28	4.1	10:41	-0.1	10:14	2.3	7:25	7:13	
12	Thu	4:35	5.9	7:03	3.9	11:48	0.0	11:19	2.8	7:24	7:14	
13	Fri	5:29	5.6	8:43	4.1			1:03	0.1	7:22	7:15	
14	Sat	6:35	5.3	9:54	4.3	12:51	3.1	2:18	0.1	7:21	7:16	
15	Sun	7:49	5.1	10:43	4.5	2:23	3.1	3:23	0.1	7:19	7:17	
16	Mon	8:58	5.1	11:21	4.7	3:31	2.8	4:15	0.0	7:18	7:18	
17	Tue	9:56	5.2	11:52	4.7	4:23	2.4	4:57	0.0	7:16	7:19	
18	Wed	10:46	5.2			5:05	2.1	5:31	0.0	7:15	7:20	
19	Thu	12:18	4.8	11:29 AM	5.2	5:43	1.8	6:01	0.1	7:13	7:21	
20	Fri	12:40	4.9	12:10	5.1	6:17	1.4	6:28	0.3	7:12	7:22	
21	Sat	1:00	5.0	12:50	4.9	6:49	1.1	6:54	0.6	7:10	7:23	
22	Sun	1:20	5.1	1:30	4.7	7:21	0.8	7:19	1.0	7:09	7:23	
23	Mon	1:40	5.3	2:12	4.5	7:53	0.6	7:45	1.3	7:07	7:24	
24	Tue	2:03	5.4	2:58	4.3	8:27	0.4	8:12	1.8	7:06	7:25	
25	Wed	2:28	5.5	3:50	4.1	9:05	0.2	8:42	2.2	7:04	7:26	
26	Thu	2:57	5.5	4:54	3.8	9:49	0.2	9:16	2.6	7:02	7:27	
27	Fri	3:33	5.4	6:18	3.7	10:43	0.1	10:01	3.0	7:01	7:28	
28	Sat	4:20	5.3	7:57	3.8	11:48	0.1	11:15	3.2	6:59	7:29	
29	Sun	5:23	5.2	9:10	4.0			1:04	0.0	6:58	7:30	
30	Mon	6:40	5.2	9:56	4.3	1:00	3.2	2:15	-0.2	6:56	7:31	
31	Tue	8:00	5.3	10:32	4.6	2:26	2.9	3:16	-0.4	6:55	7:32	