






















San Leandro Channel, San Leandro Bay, CA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:24	6.8	3:31	4.8	8:58	0.5	8:34	2.1	6:39	6:02	
2	Mon	3:02	6.8	4:52	4.4	9:57	0.3	9:20	2.6	6:38	6:03	
3	Tue	3:49	6.8	6:34	4.3	11:08	0.2	10:25	3.0	6:36	6:04	
4	Wed	4:51	6.8	8:07	4.6			12:27	0.0	6:35	6:05	
5	Thu	6:04	6.8	9:08	5.0			1:41	-0.2	6:33	6:06	
6	Fri	7:20	6.9	9:53	5.4	1:28	3.1	2:43	-0.5	6:32	6:07	
7	Sat	8:30	7.0	10:31	5.7	2:39	2.6	3:35	-0.7	6:30	6:08	
8	Sun	10:32	7.1			4:37	2.1	5:20	-0.7	7:29	7:09	
9	Mon	12:06	6.1	11:28 AM	7.0	5:29	1.5	6:01	-0.5	7:28	7:10	
10	Tue	12:40	6.4	12:22	6.8	6:18	1.0	6:39	-0.2	7:26	7:11	
11	Wed	1:12	6.7	1:13	6.5	7:05	0.6	7:15	0.3	7:25	7:12	
12	Thu	1:44	6.8	2:05	6.1	7:50	0.3	7:51	0.8	7:23	7:13	
13	Fri	2:15	6.9	2:57	5.6	8:35	0.1	8:27	1.4	7:22	7:14	
14	Sat	2:46	6.8	3:53	5.1	9:21	0.1	9:05	2.0	7:20	7:15	
15	Sun	3:19	6.7	4:56	4.7	10:09	0.2	9:46	2.5	7:19	7:16	
16	Mon	3:56	6.4	6:15	4.5	11:04	0.4	10:38	3.0	7:17	7:17	
17	Tue	4:40	6.1	7:52	4.4			12:08	0.5	7:16	7:18	
18	Wed	5:36	5.8	9:14	4.6			1:20	0.6	7:14	7:19	
19	Thu	6:44	5.6	10:04	4.8	1:28	3.3	2:27	0.5	7:13	7:20	
20	Fri	7:56	5.6	10:39	5.0	2:42	3.0	3:23	0.4	7:11	7:21	
21	Sat	8:59	5.7	11:06	5.2	3:37	2.7	4:07	0.3	7:10	7:21	
22	Sun	9:55	5.8	11:29	5.4	4:22	2.3	4:44	0.2	7:08	7:22	
23	Mon	10:44	5.9	11:52	5.7	5:01	1.9	5:16	0.2	7:06	7:23	
24	Tue	11:30	5.9			5:36	1.4	5:46	0.4	7:05	7:24	
25	Wed	12:15	6.0	12:16	5.9	6:11	1.0	6:16	0.6	7:03	7:25	
26	Thu	12:40	6.3	1:03	5.8	6:46	0.5	6:47	0.9	7:02	7:26	
27	Fri	1:06	6.6	1:51	5.7	7:23	0.1	7:19	1.3	7:00	7:27	
28	Sat	1:35	6.8	2:44	5.4	8:04	-0.2	7:54	1.8	6:59	7:28	
29	Sun	2:07	7.0	3:41	5.1	8:49	-0.5	8:33	2.2	6:57	7:29	
30	Mon	2:45	7.0	4:47	4.9	9:40	-0.5	9:18	2.6	6:56	7:30	
31	Tue	3:30	6.9	6:04	4.7	10:39	-0.5	10:16	2.9	6:54	7:31	