

Shell Beach, LA - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			7:22	1.3	7:24	-0.4			6:24	5:57	
2	Mon			8:27	1.3	8:38	-0.6			6:23	5:58	
3	Tue			9:43	1.3	9:33	-0.7			6:22	5:59	
4	Wed			11:36	1.3	10:15	-0.7			6:21	5:59	
5	Thu					10:48	-0.6			6:20	6:00	
6	Fri	1:04	1.2			11:13	-0.4			6:19	6:01	
7	Sat	2:38	1.1	6:17	0.5	11:22	-0.1	9:26	0.4	6:17	6:01	
8	Sun	4:18	0.9	5:07	0.5	11:12	0.2	10:42	0.1	6:16	6:02	
9	Mon	6:14	0.7	3:54	0.7	10:53	0.5	11:40	-0.1	6:15	6:03	
10	Tue			3:46	1.0					6:14	6:03	
11	Wed			4:08	1.2	12:38	-0.3			6:13	6:04	
12	Thu			4:39	1.3	1:40	-0.3			6:12	6:04	
13	Fri			5:18	1.3	2:56	-0.3			6:10	6:05	
14	Sat			6:07	1.2	6:28	-0.3			6:09	6:06	
15	Sun			7:15	1.2	7:45	-0.3			6:08	6:06	
16	Mon			8:26	1.1	8:46	-0.3			6:07	6:07	
17	Tue			9:43	1.1	9:27	-0.3			6:06	6:08	
18	Wed			11:40	1.0	9:53	-0.2			6:04	6:08	
19	Thu					10:05	-0.1			6:03	6:09	
20	Fri	12:53	1.0	5:12	0.7	10:05	0.0	8:28	0.6	6:02	6:09	
21	Sat	2:02	0.9	4:31	0.7	9:56	0.2	9:44	0.5	6:01	6:10	
22	Sun	3:29	0.8	3:52	0.8	9:44	0.4	10:25	0.3	6:00	6:11	
23	Mon	4:54	0.7	3:29	0.9	9:35	0.5	10:56	0.1	5:58	6:11	
24	Tue			3:23	1.1			11:26	-0.1	5:57	6:12	
25	Wed			3:33	1.3					5:56	6:12	
26	Thu			3:53	1.4	12:01	-0.2			5:55	6:13	
27	Fri			4:21	1.5	12:50	-0.2			5:54	6:14	
28	Sat			4:58	1.5	2:04	-0.2			5:52	6:14	
29	Sun			5:46	1.6	5:44	-0.2			5:51	6:15	
30	Mon			6:53	1.6	7:01	-0.2			5:50	6:15	
31	Tue			8:07	1.5	7:56	-0.3			5:49	6:16	