










Shell Beach, LA - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			4:45	1.1	12:55	-0.3			6:24	5:57	
2	Fri			5:17	1.2	2:05	-0.3			6:23	5:58	
3	Sat			6:03	1.3	5:11	-0.4			6:22	5:59	
4	Sun			7:06	1.3	7:12	-0.5			6:21	5:59	
5	Mon			8:15	1.2	8:27	-0.5			6:19	6:00	
6	Tue			9:30	1.2	9:26	-0.6			6:18	6:01	
7	Wed			11:31	1.1	10:08	-0.5			6:17	6:01	
8	Thu					10:37	-0.4			6:16	6:02	
9	Fri	12:59	1.0			10:52	-0.2			6:15	6:03	
10	Sat	2:17	0.9	5:25	0.5	10:45	0.1	9:31	0.4	6:14	6:03	
11	Sun	3:43	0.7	4:37	0.6	10:26	0.2	10:29	0.2	6:13	6:04	
12	Mon	5:01	0.6	3:45	0.7	10:10	0.4	11:10	0.0	6:11	6:05	
13	Tue	7:39	0.5	3:37	0.9	9:49	0.5	11:44	-0.1	6:10	6:05	
14	Wed			3:52	1.0					6:09	6:06	
15	Thu			4:15	1.1	12:17	-0.2			6:08	6:06	
16	Fri			4:42	1.2	12:55	-0.2			6:07	6:07	
17	Sat			5:15	1.2	1:47	-0.1			6:05	6:08	
18	Sun			5:57	1.2	5:40	-0.1			6:04	6:08	
19	Mon			6:57	1.2	7:02	-0.2			6:03	6:09	
20	Tue			8:03	1.2	7:55	-0.2			6:02	6:09	
21	Wed			9:08	1.2	8:39	-0.3			6:01	6:10	
22	Thu			11:07	1.2	9:14	-0.2			5:59	6:11	
23	Fri					9:39	-0.1			5:58	6:11	
24	Sat	12:55	1.1	4:49	0.7	9:53	0.1	8:03	0.7	5:57	6:12	
25	Sun	2:41	1.0	4:03	0.7	9:53	0.4	9:28	0.4	5:56	6:13	
26	Mon	4:31	0.9	3:03	0.9	9:43	0.6	10:19	0.1	5:55	6:13	
27	Tue	6:56	0.9	2:27	1.1	9:20	0.9	11:04	-0.1	5:53	6:14	
28	Wed			2:41	1.4			11:53	-0.2	5:52	6:14	
29	Thu			3:15	1.5					5:51	6:15	
30	Fri			3:57	1.6	12:58	-0.3			5:50	6:16	
31	Sat			4:42	1.7	2:32	-0.2			5:49	6:16	