






























Shell Beach, LA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:44	1.2					9:53	-0.1	6:01	8:03	
2	Mon	10:07	1.4					10:23	-0.2	6:01	8:03	
3	Tue	10:44	1.4					10:59	-0.3	6:02	8:03	
4	Wed	11:35	1.5					11:35	-0.3	6:02	8:03	
5	Thu			12:33	1.6					6:03	8:03	
6	Fri			1:26	1.6	12:12	-0.3			6:03	8:03	
7	Sat			2:13	1.7	12:47	-0.3			6:04	8:03	
8	Sun			2:58	1.7	1:17	-0.3			6:04	8:02	
9	Mon			3:40	1.6	1:40	-0.3			6:04	8:02	
10	Tue			4:19	1.5	1:53	-0.3			6:05	8:02	
11	Wed			4:52	1.3	1:58	-0.2			6:05	8:02	
12	Thu			5:19	1.1	2:01	0.0			6:06	8:02	
13	Fri	10:05	0.9	5:31	0.8	2:02	0.2	3:22	0.7	6:06	8:01	
14	Sat	9:22	1.0			1:46	0.4	9:03	0.4	6:07	8:01	
15	Sun	9:01	1.2					8:34	0.1	6:08	8:01	
16	Mon	9:10	1.4					9:18	-0.1	6:08	8:00	
17	Tue	9:41	1.6					10:16	-0.3	6:09	8:00	
18	Wed	10:27	1.7					11:08	-0.4	6:09	8:00	
19	Thu	11:32	1.8					11:56	-0.5	6:10	7:59	
20	Fri			12:47	1.8					6:10	7:59	
21	Sat			1:49	1.8	12:41	-0.5			6:11	7:58	
22	Sun			2:46	1.8	1:22	-0.5			6:11	7:58	
23	Mon			3:42	1.6	1:54	-0.3			6:12	7:57	
24	Tue			4:32	1.4	2:08	-0.1			6:13	7:57	
25	Wed			5:12	1.1	1:58	0.1			6:13	7:56	
26	Thu	9:35	0.9	5:42	0.8	1:38	0.3	2:07	0.7	6:14	7:56	
27	Fri	8:18	1.0			1:04	0.4	10:43	0.5	6:14	7:55	
28	Sat	7:49	1.1					8:07	0.2	6:15	7:54	
29	Sun	8:06	1.3					8:33	0.1	6:16	7:54	
30	Mon	8:38	1.4					9:21	-0.1	6:16	7:53	
31	Tue	9:18	1.4					10:10	-0.1	6:17	7:52	