



# Tide Chart June 2019

for Puntarenas, Costa Rica  
visit [www.CRsuff.com](http://www.CRsuff.com) for tide charts, surf reports, and help with trip planning.

Day	High	Low	High	Low	High
Sat 01	01:10 AM 7.64 ft	07:02 AM 1.37 ft	01:24 PM 8.67 ft	07:39 PM 0.65 ft	
Sun 02	01:54 AM 8.00 ft	07:46 AM 1.06 ft	02:06 PM 9.05 ft	08:21 PM 0.23 ft	
Mon 03	02:37 AM 8.35 ft	08:29 AM 0.77 ft	02:47 PM 9.36 ft	09:02 PM -0.11 ft	
Tue 04	03:19 AM 8.65 ft	09:12 AM 0.53 ft	03:30 PM 9.56 ft	09:45 PM -0.32 ft	
Wed 05	04:02 AM 8.86 ft	09:57 AM 0.39 ft	04:15 PM 9.61 ft	10:29 PM -0.40 ft	
Thu 06	04:48 AM 8.99 ft	10:44 AM 0.36 ft	05:01 PM 9.51 ft	11:15 PM -0.33 ft	
Fri 07	05:35 AM 9.02 ft	11:34 AM 0.45 ft	05:50 PM 9.27 ft		
Sat 08		12:03 AM -0.14 ft	06:26 AM 8.97 ft	12:27 PM 0.62 ft	06:43 PM 8.92 ft
Sun 09		12:55 AM 0.14 ft	07:20 AM 8.87 ft	01:25 PM 0.83 ft	07:41 PM 8.54 ft
Mon 10		01:50 AM 0.46 ft	08:19 AM 8.78 ft	02:27 PM 1.00 ft	08:44 PM 8.22 ft
Tue 11		02:50 AM 0.75 ft	09:21 AM 8.74 ft	03:33 PM 1.07 ft	09:50 PM 8.02 ft
Wed 12		03:53 AM 0.94 ft	10:23 AM 8.81 ft	04:40 PM 0.99 ft	10:55 PM 7.98 ft
Thu 13		04:56 AM 1.02 ft	11:24 AM 8.95 ft	05:43 PM 0.79 ft	11:58 PM 8.09 ft
Fri 14		05:57 AM 0.99 ft	12:21 PM 9.14 ft	06:41 PM 0.53 ft	
Sat 15	12:55 AM 8.28 ft	06:53 AM 0.90 ft	01:14 PM 9.31 ft	07:34 PM 0.29 ft	
Sun 16	01:48 AM 8.48 ft	07:45 AM 0.82 ft	02:03 PM 9.42 ft	08:22 PM 0.10 ft	
Mon 17	02:37 AM 8.65 ft	08:33 AM 0.78 ft	02:50 PM 9.43 ft	09:07 PM 0.01 ft	
Tue 18	03:23 AM 8.75 ft	09:19 AM 0.81 ft	03:34 PM 9.35 ft	09:50 PM 0.02 ft	
Wed 19	04:07 AM 8.76 ft	10:03 AM 0.91 ft	04:17 PM 9.17 ft	10:31 PM 0.13 ft	
Thu 20	04:51 AM 8.70 ft	10:46 AM 1.07 ft	04:59 PM 8.89 ft	11:12 PM 0.33 ft	
Fri 21	05:33 AM 8.56 ft	11:29 AM 1.29 ft	05:42 PM 8.55 ft	11:52 PM 0.61 ft	
Sat 22	06:16 AM 8.37 ft	12:13 PM 1.54 ft	06:25 PM 8.17 ft		
Sun 23		12:33 AM 0.94 ft	07:00 AM 8.16 ft	12:58 PM 1.78 ft	07:10 PM 7.78 ft
Mon 24		01:16 AM 1.28 ft	07:45 AM 7.96 ft	01:46 PM 1.99 ft	07:58 PM 7.42 ft
Tue 25		02:01 AM 1.61 ft	08:32 AM 7.81 ft	02:37 PM 2.12 ft	08:50 PM 7.14 ft
Wed 26		02:48 AM 1.88 ft	09:22 AM 7.75 ft	03:31 PM 2.13 ft	09:45 PM 6.98 ft
Thu 27		03:39 AM 2.04 ft	10:13 AM 7.81 ft	04:26 PM 2.01 ft	10:42 PM 6.98 ft
Fri 28		04:32 AM 2.07 ft	11:04 AM 7.98 ft	05:21 PM 1.75 ft	11:37 PM 7.14 ft
Sat 29		05:26 AM 1.95 ft	11:55 AM 8.27 ft	06:13 PM 1.37 ft	
Sun 30	12:30 AM 7.45 ft	06:19 AM 1.70 ft	12:45 PM 8.64 ft	07:03 PM 0.92 ft	