






























La Jolla, CA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:56	4.4	7:48	3.4			12:43	-0.1	6:16	5:46	
2	Thu	5:53	4.7	8:04	3.5	12:02	2.6	1:18	-0.4	6:15	5:46	
3	Fri	6:36	5.0	8:20	3.7	12:42	2.2	1:47	-0.5	6:14	5:47	
4	Sat	7:11	5.2	8:36	3.8	1:13	1.9	2:11	-0.6	6:12	5:48	
5	Sun	7:43	5.3	8:52	4.0	1:41	1.5	2:34	-0.6	6:11	5:49	
6	Mon	8:13	5.4	9:10	4.2	2:10	1.2	2:56	-0.5	6:10	5:49	
7	Tue	8:43	5.2	9:30	4.3	2:41	1.0	3:16	-0.3	6:09	5:50	
8	Wed	9:14	5.0	9:51	4.5	3:13	0.8	3:37	-0.1	6:08	5:51	
9	Thu	9:47	4.6	10:13	4.7	3:47	0.6	3:57	0.3	6:06	5:52	
10	Fri	10:23	4.0	10:38	4.8	4:26	0.6	4:16	0.7	6:05	5:53	
11	Sat	11:05	3.4	11:06	4.8	5:11	0.6	4:35	1.2	6:04	5:53	
12	Sun			1:03	2.8	7:09	0.6	5:51	1.6	7:02	6:54	
13	Mon	12:44	4.7	2:56	2.3	8:31	0.7	5:56	2.1	7:01	6:55	
14	Tue	1:39	4.6			10:22	0.4			7:00	6:56	
15	Wed	3:10	4.6	7:52	2.9	11:52	0.0	10:07	2.9	6:59	6:56	
16	Thu	4:54	4.8	7:56	3.3			12:51	-0.6	6:57	6:57	
17	Fri	6:12	5.2	8:17	3.7	12:04	2.5	1:36	-1.0	6:56	6:58	
18	Sat	7:12	5.6	8:42	4.2	1:07	1.9	2:15	-1.3	6:55	6:59	
19	Sun	8:03	5.9	9:10	4.6	1:57	1.2	2:51	-1.3	6:53	6:59	
20	Mon	8:50	5.9	9:39	5.0	2:43	0.6	3:25	-1.1	6:52	7:00	
21	Tue	9:35	5.7	10:08	5.3	3:28	0.1	3:56	-0.8	6:51	7:01	
22	Wed	10:20	5.2	10:39	5.4	4:13	-0.2	4:27	-0.3	6:49	7:01	
23	Thu	11:05	4.6	11:10	5.4	4:58	-0.4	4:56	0.3	6:48	7:02	
24	Fri	11:53	3.9	11:41	5.3	5:46	-0.3	5:22	1.0	6:47	7:03	
25	Sat			12:51	3.2	6:38	-0.1	5:46	1.6	6:45	7:04	
26	Sun	12:15	5.0	2:18	2.6	7:40	0.2	6:01	2.2	6:44	7:04	
27	Mon	12:54	4.6			9:06	0.5			6:43	7:05	
28	Tue	1:51	4.1			10:52	0.5			6:41	7:06	
29	Wed	3:36	3.9	7:57	3.3			12:11	0.3	6:40	7:06	
30	Thu	5:20	3.9	8:07	3.5			1:00	0.1	6:39	7:07	
31	Fri	6:25	4.2	8:19	3.7	12:51	2.4	1:36	-0.1	6:37	7:08	