
































## La Jolla, CA - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:21	5.9	8:35	4.4	1:17	1.3	2:14	-1.2	6:16	5:46	
2	Mon	8:03	5.9	9:01	4.6	1:59	0.9	2:45	-1.0	6:15	5:47	
3	Tue	8:42	5.6	9:27	4.8	2:39	0.6	3:12	-0.7	6:13	5:47	
4	Wed	9:20	5.1	9:52	4.9	3:18	0.4	3:37	-0.2	6:12	5:48	
5	Thu	9:56	4.6	10:17	4.9	3:57	0.3	4:00	0.3	6:11	5:49	
6	Fri	10:34	4.0	10:42	4.8	4:37	0.4	4:20	0.8	6:10	5:50	
7	Sat	11:15	3.3	11:07	4.7	5:21	0.6	4:35	1.3	6:08	5:50	
8	Sun			1:07	2.7	7:13	0.8	5:42	1.8	7:07	6:51	
9	Mon	12:35	4.4	2:59	2.2	8:27	1.0	5:07	2.2	7:06	6:52	
10	Tue	1:15	4.2			10:24	1.0			7:05	6:53	
11	Wed	2:33	3.9					12:04	0.7	7:03	6:54	
12	Thu	4:38	4.0	8:29	3.1			12:56	0.3	7:02	6:54	
13	Fri	5:57	4.3	8:25	3.3	12:03	2.8	1:31	-0.1	7:01	6:55	
14	Sat	6:48	4.7	8:34	3.6	12:53	2.4	2:00	-0.3	6:59	6:56	
15	Sun	7:29	5.0	8:48	3.9	1:29	1.9	2:26	-0.5	6:58	6:57	
16	Mon	8:06	5.2	9:06	4.2	2:03	1.4	2:50	-0.6	6:57	6:57	
17	Tue	8:43	5.3	9:27	4.6	2:38	0.9	3:15	-0.6	6:56	6:58	
18	Wed	9:21	5.2	9:51	5.0	3:15	0.4	3:40	-0.4	6:54	6:59	
19	Thu	10:01	4.9	10:18	5.3	3:55	0.0	4:06	-0.1	6:53	6:59	
20	Fri	10:44	4.5	10:48	5.5	4:38	-0.3	4:33	0.4	6:52	7:00	
21	Sat	11:33	3.9	11:22	5.6	5:25	-0.4	5:00	0.9	6:50	7:01	
22	Sun			12:32	3.2	6:20	-0.4	5:28	1.5	6:49	7:02	
23	Mon	12:02	5.5	1:58	2.7	7:28	-0.2	5:56	2.0	6:48	7:02	
24	Tue	12:53	5.2			8:57	-0.1			6:46	7:03	
25	Wed	2:07	4.9	6:43	3.0	10:37	-0.2	9:11	2.8	6:45	7:04	
26	Thu	3:49	4.7	7:14	3.4	11:56	-0.4	11:28	2.5	6:44	7:04	
27	Fri	5:23	4.8	7:41	3.8			12:51	-0.6	6:42	7:05	
28	Sat	6:33	5.0	8:07	4.2	12:40	1.9	1:34	-0.7	6:41	7:06	
29	Sun	7:27	5.1	8:32	4.5	1:32	1.3	2:09	-0.7	6:40	7:07	
30	Mon	8:13	5.1	8:56	4.8	2:15	0.8	2:39	-0.5	6:38	7:07	
31	Tue	8:54	4.9	9:20	5.1	2:54	0.3	3:06	-0.2	6:37	7:08	