



























Long Beach, Terminal Island, CA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:12	5.7	6:47	3.3			12:32	0.3	6:57	4:55	
2	Mon	5:52	5.9	7:49	3.4			1:18	-0.2	6:57	4:56	
3	Tue	6:29	6.0	8:36	3.6	12:03	2.3	1:57	-0.6	6:58	4:56	
4	Wed	7:04	6.1	9:13	3.7	12:45	2.5	2:32	-0.8	6:58	4:57	
5	Thu	7:37	6.2	9:46	3.7	1:23	2.5	3:04	-0.8	6:58	4:58	
6	Fri	8:10	6.2	10:16	3.7	1:58	2.5	3:35	-0.8	6:58	4:59	
7	Sat	8:42	6.1	10:46	3.7	2:31	2.5	4:06	-0.8	6:58	5:00	
8	Sun	9:15	6.0	11:17	3.7	3:04	2.4	4:36	-0.6	6:58	5:00	
9	Mon	9:47	5.7	11:50	3.7	3:39	2.4	5:07	-0.4	6:58	5:01	
10	Tue	10:20	5.4			4:18	2.5	5:37	-0.2	6:58	5:02	
11	Wed	12:25	3.8	10:55 AM	4.9	5:04	2.5	6:07	0.2	6:58	5:03	
12	Thu	1:02	3.9	11:36 AM	4.3	6:02	2.6	6:37	0.6	6:57	5:04	
13	Fri	1:40	4.1	12:29	3.7	7:20	2.5	7:10	1.1	6:57	5:05	
14	Sat	2:22	4.4	1:54	3.1	8:59	2.2	7:48	1.5	6:57	5:06	
15	Sun	3:08	4.7	4:01	2.7	10:31	1.5	8:38	2.0	6:57	5:07	
16	Mon	3:57	5.1	5:55	2.9	11:38	0.7	9:45	2.3	6:57	5:08	
17	Tue	4:47	5.6	7:07	3.2			12:30	-0.1	6:56	5:09	
18	Wed	5:38	6.2	7:57	3.5			1:16	-0.9	6:56	5:10	
19	Thu	6:28	6.7	8:38	3.8			2:00	-1.5	6:56	5:11	
20	Fri	7:18	7.1	9:17	4.0	12:55	2.3	2:43	-1.9	6:55	5:12	
21	Sat	8:06	7.3	9:56	4.2	1:47	2.0	3:26	-2.1	6:55	5:12	
22	Sun	8:54	7.2	10:36	4.3	2:38	1.8	4:07	-1.9	6:55	5:13	
23	Mon	9:43	6.9	11:17	4.5	3:31	1.6	4:48	-1.6	6:54	5:14	
24	Tue	10:32	6.2			4:26	1.5	5:29	-1.0	6:54	5:15	
25	Wed	12:00	4.7	11:23 AM	5.4	5:27	1.6	6:09	-0.3	6:53	5:16	
26	Thu	12:46	4.8	12:22	4.4	6:38	1.6	6:49	0.5	6:53	5:17	
27	Fri	1:36	4.9	1:41	3.4	8:06	1.5	7:33	1.3	6:52	5:18	
28	Sat	2:31	5.0	3:41	2.9	9:49	1.2	8:25	2.0	6:51	5:19	
29	Sun	3:31	5.1	5:58	2.9	11:20	0.7	9:37	2.5	6:51	5:20	
30	Mon	4:32	5.2	7:21	3.2			12:24	0.2	6:50	5:21	
31	Tue	5:27	5.4	8:06	3.5			1:10	-0.2	6:49	5:22	