



































Oakland - Middle Harbor, CA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:47	5.4	11:21 AM	7.5	5:22	2.7	6:23	-1.6	7:24	5:01	
2	Sat	1:28	5.6	12:13	7.3	6:17	2.4	7:07	-1.4	7:24	5:02	
3	Sun	2:08	5.8	1:07	6.8	7:14	2.2	7:51	-1.0	7:25	5:02	
4	Mon	2:50	6.0	2:04	6.1	8:17	2.0	8:36	-0.4	7:25	5:03	
5	Tue	3:33	6.2	3:08	5.3	9:25	1.7	9:22	0.3	7:25	5:04	
6	Wed	4:18	6.4	4:24	4.6	10:40	1.4	10:12	1.1	7:25	5:05	
7	Thu	5:05	6.5	5:57	4.1	11:57	1.0	11:09	1.8	7:25	5:06	
8	Fri	5:55	6.6	7:37	4.1			1:08	0.6	7:24	5:07	
9	Sat	6:47	6.7	9:02	4.4	12:14	2.4	2:11	0.2	7:24	5:08	
10	Sun	7:39	6.7	10:06	4.7	1:22	2.8	3:05	-0.2	7:24	5:09	
11	Mon	8:28	6.7	10:55	5.0	2:26	3.0	3:51	-0.4	7:24	5:10	
12	Tue	9:13	6.7	11:37	5.1	3:21	3.0	4:32	-0.5	7:24	5:11	
13	Wed	9:56	6.7			4:09	3.0	5:08	-0.6	7:24	5:12	
14	Thu	12:13	5.2	10:35 AM	6.6	4:51	2.9	5:41	-0.5	7:23	5:13	
15	Fri	12:44	5.2	11:12 AM	6.4	5:30	2.8	6:12	-0.5	7:23	5:14	
16	Sat	1:13	5.2	11:49 AM	6.2	6:07	2.6	6:41	-0.3	7:23	5:15	
17	Sun	1:39	5.2	12:25	5.9	6:44	2.5	7:09	-0.1	7:22	5:16	
18	Mon	2:04	5.3	1:02	5.6	7:24	2.4	7:38	0.2	7:22	5:17	
19	Tue	2:30	5.4	1:43	5.1	8:06	2.2	8:07	0.6	7:21	5:18	
20	Wed	2:58	5.6	2:30	4.6	8:54	2.0	8:39	1.1	7:21	5:19	
21	Thu	3:30	5.7	3:31	4.1	9:50	1.8	9:15	1.6	7:20	5:20	
22	Fri	4:06	5.9	4:56	3.8	10:55	1.5	9:58	2.2	7:20	5:21	
23	Sat	4:49	6.0	6:46	3.7			12:05	1.1	7:19	5:22	
24	Sun	5:40	6.2	8:26	4.0			1:12	0.6	7:19	5:23	
25	Mon	6:36	6.5	9:31	4.4	12:11	3.0	2:11	0.0	7:18	5:25	
26	Tue	7:35	6.8	10:19	4.7	1:25	3.1	3:03	-0.5	7:17	5:26	
27	Wed	8:33	7.1	10:59	5.1	2:30	3.0	3:51	-1.0	7:17	5:27	
28	Thu	9:28	7.4	11:37	5.4	3:27	2.7	4:36	-1.3	7:16	5:28	
29	Fri	10:22	7.5			4:21	2.4	5:20	-1.4	7:15	5:29	
30	Sat	12:14	5.6	11:15 AM	7.4	5:14	2.0	6:02	-1.3	7:14	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	12:51	5.9	12:08	7.0	6:07	1.6	6:42	-0.9	7:13	5:31	