




































Oakland - Middle Harbor, CA - Jan 2023

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 7:25 | 6.6 | 9:13 | 4.3 | 12:49 | 2.0 | 2:39 | 0.3 | 7:24 | 5:01 |  |
| 2 | Mon | 8:06 | 6.7 | 10:19 | 4.6 | 1:46 | 2.5 | 3:27 | -0.1 | 7:24 | 5:01 |  |
| 3 | Tue | 8:46 | 6.7 | 11:13 | 4.9 | 2:40 | 2.8 | 4:09 | -0.4 | 7:25 | 5:02 |  |
| 4 | Wed | 9:24 | 6.7 | 11:58 | 5.1 | 3:31 | 3.1 | 4:47 | -0.5 | 7:25 | 5:03 |  |
| 5 | Thu | 10:02 | 6.7 | | | 4:17 | 3.2 | 5:23 | -0.6 | 7:25 | 5:04 |  |
| 6 | Fri | 12:38 | 5.1 | 10:39 AM | 6.6 | 4:59 | 3.2 | 5:57 | -0.6 | 7:25 | 5:05 |  |
| 7 | Sat | 1:14 | 5.1 | 11:15 AM | 6.5 | 5:38 | 3.2 | 6:29 | -0.6 | 7:25 | 5:06 |  |
| 8 | Sun | 1:46 | 5.1 | 11:52 AM | 6.4 | 6:16 | 3.1 | 7:01 | -0.5 | 7:24 | 5:07 |  |
| 9 | Mon | 2:17 | 5.0 | 12:28 | 6.1 | 6:54 | 3.0 | 7:33 | -0.4 | 7:24 | 5:08 |  |
| 10 | Tue | 2:46 | 5.0 | 1:06 | 5.8 | 7:35 | 2.9 | 8:05 | -0.1 | 7:24 | 5:09 |  |
| 11 | Wed | 3:16 | 5.1 | 1:47 | 5.4 | 8:22 | 2.8 | 8:38 | 0.2 | 7:24 | 5:10 |  |
| 12 | Thu | 3:47 | 5.2 | 2:34 | 4.9 | 9:17 | 2.6 | 9:13 | 0.6 | 7:24 | 5:11 |  |
| 13 | Fri | 4:20 | 5.4 | 3:35 | 4.4 | 10:20 | 2.3 | 9:51 | 1.2 | 7:24 | 5:12 |  |
| 14 | Sat | 4:56 | 5.6 | 4:59 | 3.9 | 11:29 | 1.9 | 10:37 | 1.7 | 7:23 | 5:13 |  |
| 15 | Sun | 5:35 | 5.9 | 6:47 | 3.8 | | | 12:36 | 1.3 | 7:23 | 5:14 |  |
| 16 | Mon | 6:18 | 6.2 | 8:29 | 4.0 | | | 1:36 | 0.6 | 7:23 | 5:15 |  |
| 17 | Tue | 7:06 | 6.6 | 9:45 | 4.4 | 12:36 | 2.8 | 2:31 | -0.1 | 7:22 | 5:16 |  |
| 18 | Wed | 7:57 | 6.9 | 10:41 | 4.8 | 1:42 | 3.1 | 3:22 | -0.7 | 7:22 | 5:17 |  |
| 19 | Thu | 8:49 | 7.3 | 11:27 | 5.1 | 2:44 | 3.2 | 4:11 | -1.2 | 7:21 | 5:18 |  |
| 20 | Fri | 9:43 | 7.5 | | | 3:41 | 3.1 | 4:59 | -1.5 | 7:21 | 5:19 |  |
| 21 | Sat | 12:10 | 5.3 | 10:36 AM | 7.7 | 4:36 | 2.9 | 5:46 | -1.7 | 7:20 | 5:20 |  |
| 22 | Sun | 12:51 | 5.5 | 11:29 AM | 7.6 | 5:30 | 2.6 | 6:31 | -1.6 | 7:20 | 5:21 |  |
| 23 | Mon | 1:31 | 5.6 | 12:22 | 7.3 | 6:25 | 2.3 | 7:15 | -1.3 | 7:19 | 5:22 |  |
| 24 | Tue | 2:10 | 5.8 | 1:16 | 6.7 | 7:22 | 2.1 | 7:58 | -0.8 | 7:19 | 5:23 |  |
| 25 | Wed | 2:50 | 6.0 | 2:13 | 6.0 | 8:24 | 1.8 | 8:41 | -0.2 | 7:18 | 5:24 |  |
| 26 | Thu | 3:31 | 6.1 | 3:17 | 5.1 | 9:31 | 1.6 | 9:25 | 0.6 | 7:17 | 5:26 |  |
| 27 | Fri | 4:13 | 6.2 | 4:35 | 4.4 | 10:44 | 1.3 | 10:13 | 1.4 | 7:17 | 5:27 |  |
| 28 | Sat | 4:58 | 6.3 | 6:12 | 4.0 | 11:59 | 1.0 | 11:10 | 2.1 | 7:16 | 5:28 |  |
| 29 | Sun | 5:46 | 6.3 | 7:57 | 4.1 | | | 1:11 | 0.6 | 7:15 | 5:29 |  |
| 30 | Mon | 6:37 | 6.3 | 9:19 | 4.4 | 12:17 | 2.7 | 2:13 | 0.3 | 7:14 | 5:30 |  |

| Date | | High | | | | Low | | | |  | |  |
|-----------|-----|-------------|-----|--------------|-----|-------------|-----|-------------|-----|--|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Tue | 7:29 | 6.3 | 10:17 | 4.8 | 1:29 | 3.0 | 3:06 | 0.0 | 7:13 | 5:31 |  |