US HARBORS www.USHarbors.com

Oakland - Middle Harbor, CA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:02	7.5	11:39	5.2	2:56	3.0	4:25	-1.4	7:24	5:01	
2	Fri	9:55	7.7			3:54	3.0	5:13	-1.6	7:24	5:02	
3	Sat	12:25	5.4	10:47 AM	7.6	4:50	2.9	6:00	-1.6	7:25	5:02	
4	Sun	1:09	5.5	11:39 AM	7.4	5:45	2.8	6:45	-1.5	7:25	5:03	
5	Mon	1:51	5.6	12:29	7.0	6:41	2.6	7:29	-1.1	7:25	5:04	
6	Tue	2:32	5.7	1:20	6.4	7:39	2.4	8:10	-0.6	7:25	5:05	
7	Wed	3:12	5.8	2:13	5.7	8:40	2.3	8:51	0.0	7:25	5:06	
8	Thu	3:52	5.8	3:12	4.9	9:46	2.0	9:33	0.7	7:24	5:07	
9	Fri	4:32	5.9	4:23	4.2	10:56	1.8	10:17	1.4	7:24	5:08	
10	Sat	5:12	6.0	5:56	3.8			12:07	1.4	7:24	5:09	
11	Sun	5:53	6.0	7:46	3.8			1:12	1.0	7:24	5:10	
12	Mon	6:36	6.1	9:14	4.1	12:06	2.6	2:09	0.6	7:24	5:11	
13	Tue	7:20	6.2	10:14	4.4	1:11	3.0	2:57	0.3	7:23	5:12	
14	Wed	8:05	6.3	10:58	4.7	2:12	3.2	3:40	0.0	7:23	5:13	
15	Thu	8:49	6.4	11:34	4.9	3:04	3.3	4:18	-0.3	7:23	5:14	
16	Fri	9:31	6.5			3:49	3.3	4:53	-0.5	7:22	5:15	
17	Sat	12:06	4.9	10:11 AM	6.6	4:28	3.1	5:26	-0.6	7:22	5:16	
18	Sun	12:35	5.0	10:50 AM	6.7	5:05	3.0	5:58	-0.7	7:22	5:17	
19	Mon	1:03	5.1	11:29 AM	6.6	5:41	2.8	6:29	-0.7	7:21	5:18	
20	Tue	1:30	5.2	12:08	6.4	6:20	2.6	7:00	-0.6	7:21	5:19	
21	Wed	1:58	5.3	12:50	6.1	7:02	2.4	7:32	-0.4	7:20	5:20	
22	Thu	2:28	5.5	1:36	5.6	7:50	2.2	8:06	0.1	7:20	5:21	
23	Fri	2:58	5.8	2:30	5.0	8:44	1.8	8:42	0.7	7:19	5:22	
24	Sat	3:32	6.0	3:39	4.4	9:47	1.5	9:22	1.4	7:18	5:24	
25	Sun	4:11	6.2	5:13	4.0	10:58	1.1	10:10	2.1	7:18	5:25	
26	Mon	4:57	6.5	7:07	3.9			12:14	0.6	7:17	5:26	
27	Tue	5:51	6.7	8:45	4.2			1:26	0.1	7:16	5:27	
28	Wed	6:52	6.9	9:51	4.7	12:31	3.1	2:30	-0.5	7:16	5:28	
29	Thu	7:55	7.1	10:41	5.0	1:49	3.2	3:26	-0.9	7:15	5:29	
30	Fri	8:55	7.3	11:23	5.3	2:56	3.1	4:16	-1.2	7:14	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	**9:51**	7.3			**3:55**	2.8	**5:02**	-1.3	7:13	5:31	