



































Oakland - Middle Harbor, CA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:33	5.5	3:31	4.6	10:24	2.4	10:04	0.8	7:24	5:01	
2	Fri	5:11	5.6	4:45	4.1	11:35	2.1	10:49	1.4	7:24	5:02	
3	Sat	5:48	5.7	6:20	3.7			12:42	1.6	7:24	5:02	
4	Sun	6:25	5.9	8:04	3.8			1:40	1.1	7:25	5:03	
5	Mon	7:03	6.0	9:27	4.1	12:34	2.5	2:30	0.7	7:25	5:04	
6	Tue	7:42	6.2	10:25	4.4	1:31	2.9	3:13	0.2	7:25	5:05	
7	Wed	8:22	6.4	11:10	4.7	2:25	3.2	3:52	-0.1	7:24	5:06	
8	Thu	9:03	6.6	11:48	4.8	3:13	3.3	4:29	-0.4	7:24	5:07	
9	Fri	9:44	6.7			3:56	3.3	5:05	-0.7	7:24	5:08	
10	Sat	12:22	5.0	10:25 AM	6.8	4:36	3.3	5:40	-0.9	7:24	5:09	
11	Sun	12:55	5.1	11:06 AM	6.9	5:15	3.1	6:16	-1.0	7:24	5:10	
12	Mon	1:27	5.1	11:47 AM	6.8	5:55	3.0	6:51	-1.0	7:24	5:11	
13	Tue	1:59	5.2	12:30	6.6	6:40	2.8	7:28	-0.9	7:23	5:12	
14	Wed	2:33	5.4	1:17	6.2	7:30	2.6	8:05	-0.6	7:23	5:13	
15	Thu	3:07	5.6	2:10	5.6	8:27	2.3	8:45	0.0	7:23	5:14	
16	Fri	3:43	5.8	3:14	4.9	9:32	1.9	9:27	0.6	7:22	5:15	
17	Sat	4:22	6.1	4:36	4.3	10:46	1.5	10:14	1.4	7:22	5:16	
18	Sun	5:05	6.4	6:20	4.0			12:02	0.9	7:22	5:17	
19	Mon	5:53	6.6	8:07	4.1			1:15	0.3	7:21	5:18	
20	Tue	6:47	6.9	9:29	4.5	12:16	2.7	2:19	-0.2	7:21	5:19	
21	Wed	7:43	7.1	10:29	4.9	1:29	3.0	3:15	-0.7	7:20	5:20	
22	Thu	8:39	7.2	11:17	5.2	2:37	3.1	4:06	-1.0	7:20	5:21	
23	Fri	9:33	7.2			3:38	3.1	4:53	-1.2	7:19	5:22	
24	Sat	12:00	5.4	10:24 AM	7.2	4:32	2.9	5:35	-1.2	7:18	5:23	
25	Sun	12:39	5.5	11:11 AM	7.0	5:22	2.7	6:15	-1.0	7:18	5:25	
26	Mon	1:15	5.5	11:57 AM	6.7	6:10	2.5	6:52	-0.8	7:17	5:26	
27	Tue	1:49	5.5	12:40	6.2	6:57	2.3	7:26	-0.4	7:16	5:27	
28	Wed	2:21	5.6	1:24	5.7	7:45	2.1	8:00	0.1	7:16	5:28	
29	Thu	2:52	5.6	2:10	5.1	8:35	2.0	8:32	0.7	7:15	5:29	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Fri	3:22	5.6	3:03	4.5	9:30	1.8	9:05	1.3	7:14	5:30	
31	Sat	3:53	5.7	4:12	3.9	10:31	1.6	9:41	2.0	7:13	5:31	