




































Oakland - Middle Harbor, CA - Jan 2020

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 3:23 | 5.9 | 2:38 | 5.4 | 9:04 | 2.1 | 9:07 | 0.2 | 7:24 | 5:01 |  |
| 2 | Thu | 4:08 | 5.9 | 3:38 | 4.8 | 10:11 | 2.0 | 9:54 | 0.8 | 7:24 | 5:02 |  |
| 3 | Fri | 4:54 | 5.9 | 4:51 | 4.2 | 11:22 | 1.8 | 10:46 | 1.4 | 7:24 | 5:03 |  |
| 4 | Sat | 5:40 | 5.9 | 6:19 | 4.0 | | | 12:31 | 1.5 | 7:24 | 5:04 |  |
| 5 | Sun | 6:26 | 6.0 | 7:49 | 4.0 | | | 1:32 | 1.1 | 7:24 | 5:04 |  |
| 6 | Mon | 7:11 | 6.1 | 9:03 | 4.2 | 12:44 | 2.3 | 2:24 | 0.7 | 7:24 | 5:05 |  |
| 7 | Tue | 7:54 | 6.2 | 9:58 | 4.5 | 1:42 | 2.5 | 3:09 | 0.4 | 7:24 | 5:06 |  |
| 8 | Wed | 8:35 | 6.4 | 10:42 | 4.7 | 2:34 | 2.7 | 3:48 | 0.1 | 7:24 | 5:07 |  |
| 9 | Thu | 9:15 | 6.5 | 11:20 | 4.9 | 3:19 | 2.7 | 4:24 | -0.1 | 7:24 | 5:08 |  |
| 10 | Fri | 9:53 | 6.6 | 11:54 | 5.0 | 4:01 | 2.7 | 4:57 | -0.3 | 7:24 | 5:09 |  |
| 11 | Sat | 10:31 | 6.6 | | | 4:39 | 2.7 | 5:29 | -0.5 | 7:24 | 5:10 |  |
| 12 | Sun | 12:26 | 5.2 | 11:10 AM | 6.6 | 5:16 | 2.6 | 6:01 | -0.6 | 7:24 | 5:11 |  |
| 13 | Mon | 12:58 | 5.3 | 11:48 AM | 6.5 | 5:54 | 2.5 | 6:33 | -0.6 | 7:23 | 5:12 |  |
| 14 | Tue | 1:30 | 5.4 | 12:29 | 6.3 | 6:35 | 2.3 | 7:07 | -0.5 | 7:23 | 5:13 |  |
| 15 | Wed | 2:04 | 5.6 | 1:12 | 6.0 | 7:19 | 2.2 | 7:44 | -0.2 | 7:23 | 5:14 |  |
| 16 | Thu | 2:39 | 5.7 | 2:01 | 5.5 | 8:10 | 2.0 | 8:23 | 0.2 | 7:22 | 5:15 |  |
| 17 | Fri | 3:18 | 5.9 | 2:59 | 5.0 | 9:08 | 1.8 | 9:07 | 0.7 | 7:22 | 5:16 |  |
| 18 | Sat | 4:00 | 6.1 | 4:11 | 4.5 | 10:15 | 1.5 | 9:57 | 1.2 | 7:21 | 5:17 |  |
| 19 | Sun | 4:48 | 6.3 | 5:42 | 4.2 | 11:30 | 1.2 | 10:57 | 1.8 | 7:21 | 5:18 |  |
| 20 | Mon | 5:42 | 6.5 | 7:17 | 4.2 | | | 12:44 | 0.7 | 7:20 | 5:19 |  |
| 21 | Tue | 6:39 | 6.7 | 8:39 | 4.5 | 12:05 | 2.2 | 1:50 | 0.1 | 7:20 | 5:21 |  |
| 22 | Wed | 7:37 | 6.9 | 9:42 | 4.9 | 1:16 | 2.4 | 2:48 | -0.4 | 7:19 | 5:22 |  |
| 23 | Thu | 8:33 | 7.1 | 10:34 | 5.2 | 2:22 | 2.4 | 3:39 | -0.7 | 7:19 | 5:23 |  |
| 24 | Fri | 9:27 | 7.3 | 11:20 | 5.5 | 3:21 | 2.3 | 4:26 | -1.0 | 7:18 | 5:24 |  |
| 25 | Sat | 10:18 | 7.2 | | | 4:16 | 2.2 | 5:10 | -1.0 | 7:17 | 5:25 |  |
| 26 | Sun | 12:03 | 5.7 | 11:07 AM | 7.1 | 5:08 | 2.0 | 5:52 | -0.9 | 7:17 | 5:26 |  |
| 27 | Mon | 12:43 | 5.9 | 11:55 AM | 6.8 | 5:58 | 1.8 | 6:32 | -0.7 | 7:16 | 5:27 |  |
| 28 | Tue | 1:21 | 6.0 | 12:41 | 6.4 | 6:47 | 1.7 | 7:11 | -0.3 | 7:15 | 5:28 |  |
| 29 | Wed | 1:59 | 6.0 | 1:28 | 5.8 | 7:37 | 1.6 | 7:49 | 0.1 | 7:15 | 5:29 |  |
| 30 | Thu | 2:35 | 5.9 | 2:17 | 5.3 | 8:28 | 1.6 | 8:28 | 0.7 | 7:14 | 5:31 |  |

| Date | | High | | | | Low | | | |  | |  |
|-----------|-----|-------------|-----|-------------|-----|-------------|-----|-------------|-----|--|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Fri | 3:13 | 5.9 | 3:11 | 4.7 | 9:23 | 1.6 | 9:08 | 1.2 | 7:13 | 5:32 |  |