

Ocean Beach, outer coast, CA - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:45	6.7	11:41	5.3	3:51	2.6	4:44	-1.0	7:25	5:01	●
2	Fri	10:28	6.5			4:40	2.6	5:24	-0.9	7:25	5:02	●
3	Sat	12:21	5.3	11:11 AM	6.1	5:28	2.5	6:02	-0.6	7:25	5:03	●
4	Sun	12:59	5.3	11:53 AM	5.7	6:16	2.5	6:39	-0.3	7:25	5:03	●
5	Mon	1:35	5.3	12:36	5.2	7:06	2.5	7:16	0.2	7:25	5:04	◐
6	Tue	2:11	5.3	1:24	4.7	8:01	2.4	7:54	0.7	7:25	5:05	◐
7	Wed	2:47	5.3	2:19	4.2	9:03	2.3	8:35	1.2	7:25	5:06	◐
8	Thu	3:26	5.4	3:30	3.8	10:10	2.0	9:21	1.7	7:25	5:07	◐
9	Fri	4:08	5.4	5:00	3.6	11:18	1.7	10:16	2.2	7:25	5:08	◐
10	Sat	4:52	5.6	6:35	3.7			12:18	1.3	7:25	5:09	◐
11	Sun	5:39	5.7	7:49	3.9			1:09	0.8	7:25	5:10	◐
12	Mon	6:25	5.9	8:43	4.2	12:18	2.8	1:53	0.4	7:25	5:11	◐
13	Tue	7:11	6.1	9:26	4.5	1:12	2.9	2:32	0.0	7:24	5:12	○
14	Wed	7:55	6.4	10:05	4.7	2:01	2.9	3:09	-0.4	7:24	5:13	○
15	Thu	8:39	6.5	10:41	4.9	2:45	2.8	3:46	-0.7	7:24	5:14	○
16	Fri	9:23	6.6	11:16	5.1	3:29	2.6	4:22	-0.9	7:24	5:15	○
17	Sat	10:07	6.6	11:52	5.3	4:13	2.4	5:00	-1.0	7:23	5:16	○
18	Sun	10:54	6.5			4:59	2.2	5:38	-0.9	7:23	5:17	○
19	Mon	12:29	5.5	11:42 AM	6.2	5:49	2.0	6:18	-0.6	7:22	5:18	○
20	Tue	1:07	5.7	12:35	5.7	6:43	1.7	6:59	-0.1	7:22	5:19	○
21	Wed	1:48	5.9	1:35	5.1	7:43	1.5	7:44	0.5	7:21	5:20	○
22	Thu	2:32	6.0	2:46	4.6	8:51	1.3	8:34	1.1	7:21	5:21	○
23	Fri	3:21	6.2	4:12	4.1	10:06	1.0	9:33	1.8	7:20	5:22	○
24	Sat	4:15	6.3	5:49	4.0	11:22	0.6	10:42	2.3	7:20	5:24	◐
25	Sun	5:13	6.4	7:15	4.3			12:32	0.2	7:19	5:25	◐
26	Mon	6:13	6.5	8:21	4.6			1:32	-0.2	7:18	5:26	◐
27	Tue	7:09	6.5	9:14	4.9	1:05	2.7	2:23	-0.5	7:18	5:27	◐
28	Wed	8:02	6.5	9:58	5.1	2:05	2.6	3:09	-0.6	7:17	5:28	◐
29	Thu	8:50	6.5	10:38	5.2	2:57	2.5	3:49	-0.7	7:16	5:29	◐
30	Fri	9:35	6.4	11:13	5.3	3:45	2.3	4:26	-0.6	7:16	5:30	◐
31	Sat	10:17	6.1	11:46	5.3	4:29	2.2	5:01	-0.4	7:15	5:31	●