

Ocean Beach, outer coast, CA - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:34	5.4	3:06	4.2	9:44	2.2	9:19	1.1	7:25	5:01	
2	Mon	4:19	5.6	4:34	4.0	10:54	1.8	10:16	1.6	7:25	5:02	
3	Tue	5:06	5.9	6:06	4.0	11:59	1.1	11:18	2.0	7:25	5:03	
4	Wed	5:55	6.2	7:26	4.2			12:56	0.4	7:25	5:04	
5	Thu	6:44	6.5	8:33	4.6	12:20	2.2	1:49	-0.3	7:25	5:05	
6	Fri	7:34	6.9	9:29	4.9	1:20	2.4	2:38	-0.8	7:25	5:06	
7	Sat	8:24	7.1	10:19	5.2	2:16	2.4	3:26	-1.3	7:25	5:07	
8	Sun	9:15	7.2	11:06	5.4	3:11	2.4	4:13	-1.5	7:25	5:08	
9	Mon	10:05	7.1	11:52	5.6	4:05	2.3	4:59	-1.5	7:25	5:08	
10	Tue	10:56	6.9			5:00	2.2	5:45	-1.3	7:25	5:09	
11	Wed	12:36	5.7	11:48 AM	6.5	5:56	2.1	6:30	-0.9	7:25	5:10	
12	Thu	1:21	5.8	12:42	5.9	6:55	2.0	7:16	-0.4	7:25	5:11	
13	Fri	2:06	5.8	1:39	5.3	7:58	1.9	8:03	0.2	7:24	5:12	
14	Sat	2:53	5.8	2:45	4.7	9:08	1.8	8:54	0.9	7:24	5:13	
15	Sun	3:42	5.8	4:03	4.2	10:22	1.6	9:50	1.5	7:24	5:14	
16	Mon	4:32	5.8	5:34	4.0	11:33	1.3	10:52	2.0	7:23	5:15	
17	Tue	5:22	5.9	7:01	4.0			12:37	0.9	7:23	5:17	
18	Wed	6:11	5.9	8:09	4.3			1:31	0.6	7:23	5:18	
19	Thu	6:57	6.0	9:02	4.5	12:55	2.6	2:16	0.3	7:22	5:19	
20	Fri	7:39	6.0	9:44	4.7	1:47	2.7	2:56	0.0	7:22	5:20	
21	Sat	8:19	6.1	10:21	4.8	2:32	2.7	3:31	-0.1	7:21	5:21	
22	Sun	8:57	6.1	10:53	4.9	3:13	2.7	4:03	-0.3	7:21	5:22	
23	Mon	9:34	6.1	11:23	5.0	3:51	2.6	4:33	-0.3	7:20	5:23	
24	Tue	10:11	6.1	11:53	5.1	4:27	2.5	5:03	-0.3	7:19	5:24	
25	Wed	10:47	5.9			5:02	2.4	5:32	-0.3	7:19	5:25	
26	Thu	12:22	5.2	11:25 AM	5.7	5:40	2.3	6:03	-0.1	7:18	5:26	
27	Fri	12:53	5.3	12:05	5.4	6:20	2.2	6:36	0.2	7:17	5:27	
28	Sat	1:26	5.4	12:50	5.0	7:06	2.0	7:13	0.5	7:17	5:28	
29	Sun	2:02	5.5	1:44	4.6	7:59	1.8	7:53	1.0	7:16	5:30	
30	Mon	2:42	5.6	2:54	4.2	9:02	1.6	8:41	1.5	7:15	5:31	
31	Tue	3:28	5.7	4:23	3.9	10:12	1.2	9:40	2.0	7:14	5:32	