

Ocean Beach, outer coast, CA - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:00	5.6	12:01	6.5	6:08	2.4	6:49	-1.1	7:25	5:01	
2	Tue	1:47	5.7	12:57	6.0	7:11	2.3	7:39	-0.6	7:25	5:02	
3	Wed	2:36	5.8	2:00	5.4	8:21	2.1	8:31	0.0	7:25	5:03	
4	Thu	3:26	5.9	3:13	4.8	9:38	1.9	9:26	0.6	7:25	5:04	
5	Fri	4:19	6.0	4:37	4.3	10:56	1.5	10:26	1.2	7:25	5:05	
6	Sat	5:11	6.1	6:07	4.2			12:07	1.0	7:25	5:05	
7	Sun	6:02	6.2	7:28	4.3			1:09	0.5	7:25	5:06	
8	Mon	6:50	6.3	8:34	4.5	12:30	2.1	2:01	0.1	7:25	5:07	
9	Tue	7:34	6.4	9:28	4.7	1:26	2.4	2:46	-0.2	7:25	5:08	
10	Wed	8:16	6.4	10:14	4.9	2:17	2.6	3:25	-0.3	7:25	5:09	
11	Thu	8:54	6.3	10:54	5.0	3:03	2.7	4:01	-0.4	7:25	5:10	
12	Fri	9:31	6.2	11:30	5.0	3:45	2.7	4:34	-0.4	7:25	5:11	
13	Sat	10:06	6.1			4:25	2.7	5:06	-0.4	7:24	5:12	
14	Sun	12:03	5.0	10:41 AM	6.0	5:03	2.7	5:37	-0.3	7:24	5:13	
15	Mon	12:34	5.0	11:17 AM	5.7	5:41	2.7	6:08	-0.2	7:24	5:14	
16	Tue	1:05	5.0	11:54 AM	5.5	6:20	2.6	6:40	0.1	7:23	5:15	
17	Wed	1:36	5.1	12:33	5.1	7:03	2.5	7:13	0.4	7:23	5:16	
18	Thu	2:10	5.1	1:19	4.7	7:52	2.4	7:50	0.8	7:23	5:17	
19	Fri	2:47	5.2	2:14	4.3	8:50	2.3	8:31	1.2	7:22	5:18	
20	Sat	3:28	5.4	3:28	3.9	9:56	2.0	9:20	1.7	7:22	5:19	
21	Sun	4:13	5.5	5:01	3.8	11:05	1.6	10:19	2.1	7:21	5:21	
22	Mon	5:02	5.8	6:33	3.9			12:08	1.0	7:21	5:22	
23	Tue	5:53	6.0	7:48	4.2			1:03	0.4	7:20	5:23	
24	Wed	6:44	6.4	8:46	4.6	12:29	2.6	1:53	-0.2	7:20	5:24	
25	Thu	7:36	6.7	9:35	4.9	1:28	2.6	2:41	-0.8	7:19	5:25	
26	Fri	8:27	6.9	10:20	5.2	2:23	2.5	3:27	-1.2	7:18	5:26	
27	Sat	9:18	7.1	11:03	5.4	3:16	2.3	4:13	-1.4	7:18	5:27	
28	Sun	10:09	7.0	11:45	5.6	4:08	2.1	4:57	-1.4	7:17	5:28	
29	Mon	11:01	6.8			5:01	1.9	5:42	-1.2	7:16	5:29	
30	Tue	12:27	5.8	11:54 AM	6.4	5:56	1.6	6:27	-0.8	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	1:10	5.9	12:49	5.9	6:54	1.5	7:12	-0.2	7:15	5:32	