



































## Ocean Beach, outer coast, CA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:00	5.2	12:51	5.4	7:15	2.6	7:36	-0.1	7:25	5:01	
2	Tue	2:36	5.4	1:51	4.8	8:20	2.3	8:18	0.5	7:25	5:02	
3	Wed	3:15	5.7	3:08	4.2	9:32	1.8	9:05	1.2	7:25	5:03	
4	Thu	3:57	5.9	4:46	3.9	10:48	1.2	9:59	1.9	7:25	5:04	
5	Fri	4:43	6.2	6:31	3.9	11:59	0.6	11:02	2.5	7:25	5:05	
6	Sat	5:34	6.5	7:58	4.2			1:02	-0.1	7:25	5:06	
7	Sun	6:28	6.8	9:04	4.6	12:10	2.9	1:59	-0.7	7:25	5:07	
8	Mon	7:22	7.0	9:56	4.9	1:17	3.1	2:50	-1.1	7:25	5:08	
9	Tue	8:15	7.0	10:42	5.1	2:18	3.1	3:38	-1.3	7:25	5:09	
10	Wed	9:07	7.0	11:24	5.2	3:14	3.0	4:23	-1.4	7:25	5:09	
11	Thu	9:56	6.9			4:08	2.8	5:05	-1.3	7:25	5:10	
12	Fri	12:04	5.3	10:44 AM	6.6	4:59	2.6	5:45	-1.0	7:25	5:11	
13	Sat	12:41	5.4	11:30 AM	6.1	5:50	2.5	6:23	-0.6	7:24	5:12	
14	Sun	1:17	5.4	12:16	5.6	6:42	2.3	6:59	-0.1	7:24	5:13	
15	Mon	1:52	5.4	1:05	5.0	7:37	2.2	7:34	0.5	7:24	5:14	
16	Tue	2:26	5.5	2:00	4.3	8:36	2.0	8:11	1.2	7:23	5:16	
17	Wed	3:00	5.5	3:10	3.8	9:41	1.8	8:51	1.9	7:23	5:17	
18	Thu	3:37	5.5	4:47	3.5	10:49	1.5	9:39	2.5	7:23	5:18	
19	Fri	4:19	5.6	6:45	3.6	11:54	1.1	10:42	3.0	7:22	5:19	
20	Sat	5:05	5.7	8:10	3.9			12:52	0.7	7:22	5:20	
21	Sun	5:55	5.8	9:02	4.2			1:42	0.4	7:21	5:21	
22	Mon	6:45	5.9	9:40	4.4	12:59	3.4	2:25	0.0	7:21	5:22	
23	Tue	7:33	6.1	10:12	4.6	1:51	3.4	3:03	-0.3	7:20	5:23	
24	Wed	8:18	6.3	10:42	4.7	2:35	3.3	3:39	-0.6	7:19	5:24	
25	Thu	9:01	6.4	11:10	4.9	3:15	3.1	4:12	-0.8	7:19	5:25	
26	Fri	9:43	6.4	11:39	5.0	3:54	2.8	4:45	-0.9	7:18	5:26	
27	Sat	10:25	6.4			4:35	2.5	5:18	-0.9	7:17	5:27	
28	Sun	12:08	5.2	11:10 AM	6.1	5:18	2.2	5:52	-0.6	7:17	5:29	
29	Mon	12:38	5.4	11:58 AM	5.7	6:06	1.9	6:27	-0.2	7:16	5:30	
30	Tue	1:09	5.7	12:51	5.2	6:58	1.6	7:04	0.4	7:15	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Wed	<b>1:44</b>	5.9	<b>1:55</b>	4.6	<b>7:58</b>	1.2	<b>7:43</b>	1.2	7:14	5:32	