



































## Ocean Beach, outer coast, CA - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:03	5.8	7:42	3.9			1:19	0.8	7:25	5:01	
2	Fri	6:40	6.0	8:50	4.2	12:23	2.5	2:04	0.4	7:25	5:02	
3	Sat	7:15	6.1	9:43	4.4	1:14	2.9	2:44	0.0	7:25	5:03	
4	Sun	7:51	6.2	10:27	4.6	2:02	3.2	3:20	-0.3	7:25	5:04	
5	Mon	8:27	6.2	11:05	4.7	2:46	3.3	3:54	-0.5	7:25	5:04	
6	Tue	9:04	6.3	11:40	4.8	3:26	3.4	4:28	-0.6	7:25	5:05	
7	Wed	9:41	6.3			4:03	3.3	5:00	-0.7	7:25	5:06	
8	Thu	12:13	4.8	10:19 AM	6.3	4:40	3.3	5:33	-0.7	7:25	5:07	
9	Fri	12:45	4.8	10:57 AM	6.2	5:18	3.2	6:07	-0.7	7:25	5:08	
10	Sat	1:17	4.9	11:37 AM	5.9	5:59	3.1	6:41	-0.6	7:25	5:09	
11	Sun	1:50	5.0	12:20	5.6	6:47	2.9	7:18	-0.3	7:25	5:10	
12	Mon	2:24	5.1	1:09	5.1	7:42	2.7	7:56	0.1	7:25	5:11	
13	Tue	3:00	5.3	2:11	4.6	8:48	2.3	8:39	0.7	7:24	5:12	
14	Wed	3:38	5.5	3:33	4.1	10:00	1.9	9:27	1.4	7:24	5:13	
15	Thu	4:20	5.8	5:17	3.8	11:13	1.2	10:23	2.1	7:24	5:14	
16	Fri	5:06	6.2	7:01	3.9			12:20	0.5	7:23	5:15	
17	Sat	5:56	6.5	8:22	4.3			1:20	-0.3	7:23	5:16	
18	Sun	6:48	6.8	9:24	4.7	12:35	3.0	2:15	-0.9	7:23	5:17	
19	Mon	7:42	7.0	10:15	5.0	1:39	3.2	3:06	-1.3	7:22	5:18	
20	Tue	8:36	7.1	11:00	5.2	2:39	3.1	3:55	-1.5	7:22	5:19	
21	Wed	9:28	7.1	11:42	5.3	3:34	3.0	4:41	-1.6	7:21	5:20	
22	Thu	10:19	7.0			4:28	2.8	5:25	-1.4	7:21	5:21	
23	Fri	12:22	5.4	11:09 AM	6.6	5:21	2.6	6:07	-1.1	7:20	5:23	
24	Sat	1:01	5.4	11:58 AM	6.1	6:15	2.4	6:47	-0.6	7:20	5:24	
25	Sun	1:39	5.4	12:49	5.5	7:11	2.2	7:27	0.0	7:19	5:25	
26	Mon	2:16	5.5	1:44	4.8	8:12	2.0	8:07	0.7	7:18	5:26	
27	Tue	2:53	5.5	2:50	4.2	9:18	1.8	8:49	1.4	7:18	5:27	
28	Wed	3:32	5.5	4:17	3.7	10:28	1.6	9:37	2.1	7:17	5:28	
29	Thu	4:13	5.6	6:07	3.7	11:37	1.2	10:37	2.7	7:16	5:29	
30	Fri	4:57	5.6	7:43	3.9			12:38	0.8	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	5:45	5.7	8:46	4.2			1:31	0.5	7:14	5:31	