

































## Ocean Beach, outer coast, CA - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:08	5.0	12:57	4.9	7:33	2.7	7:40	0.3	7:25	5:02	
2	Fri	2:41	5.2	1:53	4.4	8:32	2.4	8:18	0.9	7:25	5:03	
3	Sat	3:16	5.4	3:08	4.0	9:41	2.0	9:02	1.5	7:25	5:03	
4	Sun	3:56	5.7	4:47	3.7	10:51	1.5	9:54	2.1	7:25	5:04	
5	Mon	4:39	6.0	6:33	3.8	11:58	0.8	10:57	2.6	7:25	5:05	
6	Tue	5:28	6.3	7:59	4.1			12:57	0.1	7:25	5:06	
7	Wed	6:21	6.6	9:02	4.5	12:05	3.0	1:52	-0.6	7:25	5:07	
8	Thu	7:15	6.9	9:53	4.8	1:10	3.1	2:43	-1.2	7:25	5:08	
9	Fri	8:10	7.2	10:38	5.1	2:11	3.1	3:32	-1.5	7:25	5:09	
10	Sat	9:04	7.3	11:20	5.3	3:08	2.9	4:19	-1.7	7:25	5:10	
11	Sun	9:57	7.2			4:03	2.7	5:04	-1.6	7:25	5:11	
12	Mon	12:01	5.4	10:50 AM	6.9	4:58	2.4	5:48	-1.4	7:24	5:12	
13	Tue	12:41	5.6	11:43 AM	6.4	5:55	2.2	6:30	-0.9	7:24	5:13	
14	Wed	1:20	5.7	12:37	5.8	6:54	1.9	7:11	-0.3	7:24	5:14	
15	Thu	2:00	5.8	1:36	5.1	7:57	1.7	7:53	0.5	7:23	5:15	
16	Fri	2:41	5.9	2:44	4.4	9:05	1.5	8:37	1.3	7:23	5:16	
17	Sat	3:24	5.9	4:10	3.9	10:18	1.2	9:28	2.0	7:23	5:17	
18	Sun	4:09	5.9	5:56	3.7	11:29	0.9	10:30	2.7	7:22	5:18	
19	Mon	4:58	5.9	7:33	4.0			12:34	0.6	7:22	5:19	
20	Tue	5:49	5.9	8:39	4.3			1:30	0.3	7:21	5:20	
21	Wed	6:39	6.0	9:26	4.5	12:48	3.3	2:17	0.0	7:21	5:21	
22	Thu	7:26	6.0	10:04	4.7	1:45	3.3	2:58	-0.2	7:20	5:22	
23	Fri	8:10	6.1	10:36	4.7	2:33	3.2	3:34	-0.3	7:20	5:23	
24	Sat	8:50	6.2	11:04	4.8	3:13	3.1	4:06	-0.5	7:19	5:25	
25	Sun	9:29	6.1	11:30	4.9	3:50	2.9	4:36	-0.5	7:18	5:26	
26	Mon	10:06	6.1	11:54	5.0	4:25	2.7	5:04	-0.5	7:18	5:27	
27	Tue	10:43	5.9			5:00	2.5	5:32	-0.3	7:17	5:28	
28	Wed	12:19	5.1	11:22 AM	5.6	5:38	2.3	6:00	-0.1	7:16	5:29	
29	Thu	12:45	5.3	12:03	5.2	6:18	2.1	6:30	0.3	7:15	5:30	
30	Fri	1:13	5.4	12:50	4.8	7:04	1.8	7:02	0.8	7:15	5:31	
31	Sat	1:43	5.6	1:48	4.3	7:57	1.5	7:37	1.4	7:14	5:32	