



















Ocean Beach, outer coast, CA - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:57	3.9	7:06	6.3	1:35	0.5	12:39	2.4	5:52	8:35	
2	Thu	9:16	4.1	7:50	6.3	2:31	0.1	1:38	2.8	5:52	8:35	
3	Fri	10:18	4.4	8:33	6.3	3:20	-0.2	2:35	3.1	5:53	8:35	
4	Sat	11:07	4.6	9:15	6.3	4:02	-0.4	3:26	3.2	5:53	8:35	
5	Sun	11:49	4.7	9:54	6.3	4:41	-0.5	4:11	3.3	5:54	8:35	
6	Mon			12:26	4.7	5:17	-0.6	4:53	3.2	5:54	8:35	
7	Tue			12:58	4.8	5:50	-0.6	5:32	3.1	5:55	8:34	
8	Wed			1:27	4.8	6:22	-0.6	6:10	3.0	5:55	8:34	
9	Thu			1:55	4.8	6:52	-0.5	6:49	2.9	5:56	8:34	
10	Fri	12:23	5.7	2:22	4.9	7:22	-0.3	7:32	2.8	5:57	8:33	
11	Sat	1:02	5.3	2:50	5.1	7:53	0.0	8:19	2.6	5:57	8:33	
12	Sun	1:45	4.9	3:20	5.3	8:25	0.4	9:13	2.4	5:58	8:33	
13	Mon	2:36	4.5	3:52	5.5	8:59	0.9	10:14	2.0	5:59	8:32	
14	Tue	3:41	4.0	4:29	5.7	9:38	1.5	11:20	1.6	5:59	8:32	
15	Wed	5:09	3.7	5:10	5.9	10:24	2.1			6:00	8:31	
16	Thu	6:55	3.6	5:58	6.2	12:26	1.0	11:21 AM	2.6	6:01	8:31	
17	Fri	8:29	3.9	6:50	6.5	1:28	0.4	12:28	3.0	6:01	8:30	
18	Sat	9:37	4.2	7:46	6.8	2:25	-0.2	1:36	3.2	6:02	8:29	
19	Sun	10:30	4.6	8:42	7.1	3:17	-0.8	2:39	3.2	6:03	8:29	
20	Mon	11:14	4.9	9:38	7.2	4:07	-1.2	3:37	3.0	6:04	8:28	
21	Tue	11:56	5.1	10:32	7.2	4:55	-1.5	4:34	2.7	6:05	8:27	
22	Wed			12:35	5.3	5:40	-1.5	5:30	2.4	6:05	8:27	
23	Thu			1:14	5.5	6:24	-1.3	6:27	2.1	6:06	8:26	
24	Fri	12:21	6.7	1:53	5.8	7:07	-0.9	7:26	1.8	6:07	8:25	
25	Sat	1:16	6.1	2:32	6.0	7:49	-0.3	8:28	1.5	6:08	8:24	
26	Sun	2:15	5.4	3:13	6.1	8:31	0.4	9:34	1.3	6:08	8:24	
27	Mon	3:22	4.7	3:56	6.2	9:15	1.2	10:44	1.1	6:09	8:23	
28	Tue	4:42	4.2	4:42	6.2	10:05	2.0	11:56	0.9	6:10	8:22	
29	Wed	6:21	3.9	5:32	6.1	11:05	2.6			6:11	8:21	
30	Thu	7:59	4.1	6:26	6.1	1:04	0.6	12:16	3.1	6:12	8:20	
31	Fri	9:11	4.4	7:19	6.1	2:05	0.3	1:26	3.3	6:13	8:19	