
































Ocean Beach, outer coast, CA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:53	6.2	10:19	4.9	2:46	2.0	3:41	-0.2	6:35	5:11	
2	Mon	9:24	6.4	11:10	4.9	3:21	2.3	4:18	-0.6	6:36	5:10	
3	Tue	9:58	6.6			3:59	2.6	4:59	-0.9	6:38	5:09	
4	Wed	12:02	4.9	10:36 AM	6.6	4:39	2.9	5:43	-1.0	6:39	5:08	
5	Thu	12:57	4.8	11:20 AM	6.6	5:24	3.1	6:32	-1.0	6:40	5:07	
6	Fri	1:54	4.8	12:10	6.4	6:17	3.3	7:26	-0.9	6:41	5:06	
7	Sat	2:54	4.8	1:07	6.0	7:21	3.3	8:25	-0.6	6:42	5:05	
8	Sun	3:53	4.8	2:15	5.6	8:43	3.2	9:27	-0.3	6:43	5:04	
9	Mon	4:49	5.0	3:33	5.2	10:14	2.8	10:30	0.1	6:44	5:03	
10	Tue	5:38	5.4	4:57	4.8	11:33	2.2	11:29	0.5	6:45	5:02	
11	Wed	6:22	5.7	6:19	4.7			12:39	1.5	6:46	5:01	
12	Thu	7:02	6.1	7:34	4.7	12:22	0.9	1:34	0.7	6:47	5:00	
13	Fri	7:39	6.4	8:41	4.8	1:11	1.3	2:23	0.1	6:48	5:00	
14	Sat	8:14	6.5	9:41	4.9	1:56	1.8	3:07	-0.4	6:49	4:59	
15	Sun	8:49	6.6	10:36	4.9	2:40	2.2	3:49	-0.7	6:50	4:58	
16	Mon	9:24	6.6	11:28	5.0	3:24	2.6	4:28	-0.9	6:51	4:58	
17	Tue	9:58	6.5			4:07	2.9	5:07	-0.9	6:52	4:57	
18	Wed	12:16	4.9	10:34 AM	6.3	4:50	3.2	5:46	-0.7	6:53	4:56	
19	Thu	1:04	4.9	11:11 AM	6.0	5:35	3.3	6:26	-0.6	6:54	4:56	
20	Fri	1:50	4.8	11:51 AM	5.7	6:22	3.4	7:08	-0.3	6:56	4:55	
21	Sat	2:37	4.7	12:34	5.4	7:16	3.4	7:52	0.0	6:57	4:55	
22	Sun	3:23	4.6	1:23	5.0	8:21	3.4	8:39	0.3	6:58	4:54	
23	Mon	4:07	4.7	2:21	4.6	9:37	3.2	9:27	0.6	6:59	4:54	
24	Tue	4:47	4.8	3:30	4.2	10:50	2.8	10:17	0.9	7:00	4:53	
25	Wed	5:23	5.0	4:51	4.0	11:51	2.3	11:06	1.3	7:01	4:53	
26	Thu	5:56	5.3	6:12	3.9			12:42	1.7	7:02	4:52	
27	Fri	6:28	5.6	7:26	4.0			1:24	1.1	7:03	4:52	
28	Sat	7:00	6.0	8:31	4.3	12:39	2.0	2:04	0.4	7:04	4:52	
29	Sun	7:34	6.3	9:28	4.5	1:23	2.4	2:42	-0.2	7:05	4:51	
30	Mon	8:10	6.6	10:21	4.7	2:06	2.7	3:21	-0.7	7:06	4:51	