



































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:49	6.8	11:11	4.9	2:50	2.9	4:03	-1.2	7:07	4:51	
2	Wed	9:32	6.9	11:59	5.0	3:36	3.1	4:47	-1.4	7:07	4:51	
3	Thu	10:18	7.0			4:24	3.1	5:33	-1.5	7:08	4:51	
4	Fri	12:47	5.0	11:08 AM	6.8	5:15	3.1	6:21	-1.4	7:09	4:51	
5	Sat	1:36	5.1	12:01	6.5	6:13	3.0	7:10	-1.2	7:10	4:51	
6	Sun	2:24	5.1	12:59	6.0	7:20	2.9	8:01	-0.7	7:11	4:51	
7	Mon	3:13	5.3	2:05	5.4	8:38	2.6	8:54	-0.2	7:12	4:51	
8	Tue	4:01	5.5	3:22	4.7	10:01	2.2	9:49	0.5	7:13	4:51	
9	Wed	4:49	5.8	4:51	4.3	11:19	1.6	10:45	1.1	7:14	4:51	
10	Thu	5:35	6.1	6:23	4.1			12:26	0.9	7:14	4:51	
11	Fri	6:19	6.3	7:46	4.2			1:24	0.2	7:15	4:51	
12	Sat	7:01	6.5	8:55	4.5	12:38	2.3	2:14	-0.3	7:16	4:51	
13	Sun	7:41	6.6	9:52	4.7	1:32	2.7	2:58	-0.6	7:17	4:51	
14	Mon	8:21	6.6	10:41	4.9	2:22	3.0	3:39	-0.8	7:17	4:52	
15	Tue	8:59	6.5	11:26	4.9	3:10	3.1	4:17	-0.9	7:18	4:52	
16	Wed	9:37	6.4			3:55	3.2	4:53	-0.8	7:19	4:52	
17	Thu	12:06	4.9	10:14 AM	6.2	4:37	3.3	5:29	-0.8	7:19	4:53	
18	Fri	12:43	4.9	10:51 AM	6.0	5:19	3.2	6:03	-0.6	7:20	4:53	
19	Sat	1:18	4.9	11:29 AM	5.8	6:01	3.2	6:38	-0.4	7:20	4:53	
20	Sun	1:51	4.8	12:08	5.4	6:46	3.1	7:12	-0.1	7:21	4:54	
21	Mon	2:23	4.9	12:51	5.0	7:38	3.0	7:48	0.2	7:21	4:54	
22	Tue	2:56	5.0	1:41	4.5	8:38	2.8	8:25	0.7	7:22	4:55	
23	Wed	3:30	5.1	2:43	4.0	9:46	2.5	9:06	1.2	7:22	4:55	
24	Thu	4:06	5.3	4:07	3.7	10:54	2.1	9:52	1.7	7:23	4:56	
25	Fri	4:44	5.6	5:46	3.6	11:54	1.5	10:45	2.3	7:23	4:57	
26	Sat	5:24	5.9	7:19	3.8			12:47	0.8	7:24	4:57	
27	Sun	6:07	6.2	8:31	4.1			1:34	0.2	7:24	4:58	
28	Mon	6:52	6.5	9:27	4.4	12:41	3.0	2:19	-0.4	7:24	4:59	
29	Tue	7:39	6.8	10:15	4.7	1:37	3.1	3:04	-1.0	7:24	4:59	
30	Wed	8:28	7.0	10:58	4.9	2:30	3.2	3:49	-1.4	7:25	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Thu	<b>9:18</b>	7.2	<b>11:37</b>	5.2	<b>3:22</b>	3.1	<b>4:33</b>	-1.6	7:25	5:01	