





Ocean Beach, outer coast, CA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:11	7.1			4:16	2.8	5:17	-1.6	7:25	5:02	☉
2	Sat	12:18	5.3	11:03 AM	6.9	5:11	2.5	6:01	-1.4	7:25	5:02	☉
3	Sun	12:58	5.5	11:57 AM	6.4	6:08	2.3	6:45	-1.0	7:25	5:03	☉
4	Mon	1:40	5.7	12:54	5.8	7:11	2.0	7:30	-0.4	7:25	5:04	☾
5	Tue	2:23	5.9	1:58	5.1	8:19	1.8	8:16	0.3	7:25	5:05	☾
6	Wed	3:08	6.0	3:14	4.4	9:34	1.4	9:06	1.1	7:25	5:06	☾
7	Thu	3:55	6.2	4:47	4.0	10:51	1.0	10:03	1.9	7:25	5:07	☾
8	Fri	4:45	6.3	6:27	3.9			12:02	0.6	7:25	5:08	☾
9	Sat	5:37	6.3	7:52	4.2			1:05	0.2	7:25	5:09	☾
10	Sun	6:29	6.4	8:56	4.5	12:16	2.9	1:59	-0.2	7:25	5:10	☾
11	Mon	7:18	6.4	9:45	4.7	1:20	3.1	2:45	-0.4	7:25	5:11	☾
12	Tue	8:03	6.4	10:27	4.9	2:15	3.1	3:26	-0.5	7:24	5:12	☾
13	Wed	8:46	6.3	11:03	4.9	3:03	3.1	4:02	-0.6	7:24	5:13	☾
14	Thu	9:25	6.2	11:34	4.9	3:45	3.0	4:35	-0.6	7:24	5:14	☾
15	Fri	10:02	6.1			4:24	2.9	5:06	-0.5	7:24	5:15	☾
16	Sat	12:03	5.0	10:39 AM	5.9	5:01	2.7	5:35	-0.4	7:23	5:16	☾
17	Sun	12:29	5.0	11:15 AM	5.6	5:38	2.6	6:03	-0.1	7:23	5:17	☾
18	Mon	12:54	5.1	11:52 AM	5.3	6:18	2.5	6:32	0.2	7:22	5:18	☾
19	Tue	1:20	5.2	12:33	4.9	7:00	2.3	7:01	0.6	7:22	5:19	☾
20	Wed	1:48	5.3	1:20	4.4	7:48	2.1	7:33	1.1	7:21	5:20	☾
21	Thu	2:20	5.4	2:21	4.0	8:44	1.9	8:09	1.7	7:21	5:21	☾
22	Fri	2:56	5.6	3:46	3.6	9:49	1.6	8:52	2.3	7:20	5:22	☾
23	Sat	3:39	5.7	5:36	3.5	10:59	1.2	9:50	2.8	7:20	5:23	☾
24	Sun	4:30	5.9	7:16	3.8			12:06	0.6	7:19	5:24	☾
25	Mon	5:26	6.1	8:21	4.2			1:05	0.0	7:19	5:25	☾
26	Tue	6:25	6.4	9:09	4.5	12:19	3.2	1:57	-0.5	7:18	5:26	☾
27	Wed	7:23	6.7	9:49	4.8	1:24	3.1	2:45	-1.0	7:17	5:28	☾
28	Thu	8:18	7.0	10:27	5.1	2:21	2.9	3:30	-1.3	7:16	5:29	☾
29	Fri	9:12	7.1	11:04	5.4	3:15	2.5	4:14	-1.4	7:16	5:30	☾
30	Sat	10:05	7.0	11:41	5.6	4:08	2.1	4:56	-1.3	7:15	5:31	☾

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	10:58	6.7			5:01	1.7	5:36	-1.0	7:14	5:32	