



































Ocean Beach, outer coast, CA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:15	6.3	8:03	4.2			1:33	0.3	7:25	5:01	
2	Mon	6:56	6.4	9:09	4.4	12:40	2.6	2:21	-0.1	7:25	5:02	
3	Tue	7:36	6.4	10:03	4.7	1:34	3.0	3:03	-0.4	7:25	5:03	
4	Wed	8:14	6.4	10:48	4.8	2:25	3.2	3:41	-0.6	7:25	5:04	
5	Thu	8:52	6.3	11:28	4.9	3:11	3.3	4:17	-0.6	7:25	5:05	
6	Fri	9:29	6.3			3:53	3.3	4:51	-0.6	7:25	5:06	
7	Sat	12:04	4.9	10:05 AM	6.2	4:32	3.3	5:23	-0.6	7:25	5:07	
8	Sun	12:36	4.8	10:42 AM	6.1	5:10	3.2	5:55	-0.5	7:25	5:07	
9	Mon	1:07	4.8	11:18 AM	5.8	5:48	3.1	6:27	-0.4	7:25	5:08	
10	Tue	1:36	4.8	11:56 AM	5.5	6:29	3.0	6:59	-0.1	7:25	5:09	
11	Wed	2:06	4.9	12:37	5.1	7:16	2.9	7:32	0.2	7:25	5:10	
12	Thu	2:37	5.0	1:24	4.7	8:11	2.7	8:07	0.7	7:24	5:11	
13	Fri	3:10	5.2	2:25	4.2	9:14	2.4	8:45	1.2	7:24	5:12	
14	Sat	3:46	5.4	3:49	3.8	10:23	2.0	9:31	1.8	7:24	5:13	
15	Sun	4:25	5.6	5:37	3.6	11:30	1.3	10:25	2.4	7:24	5:14	
16	Mon	5:08	5.9	7:19	3.8			12:30	0.6	7:23	5:15	
17	Tue	5:56	6.2	8:35	4.2			1:25	-0.1	7:23	5:16	
18	Wed	6:47	6.6	9:31	4.6	12:36	3.2	2:16	-0.7	7:22	5:18	
19	Thu	7:39	6.9	10:17	4.9	1:38	3.3	3:05	-1.3	7:22	5:19	
20	Fri	8:33	7.1	11:00	5.1	2:35	3.2	3:53	-1.6	7:21	5:20	
21	Sat	9:26	7.3	11:41	5.2	3:30	3.0	4:40	-1.8	7:21	5:21	
22	Sun	10:19	7.2			4:24	2.7	5:25	-1.7	7:20	5:22	
23	Mon	12:21	5.4	11:12 AM	6.9	5:19	2.4	6:09	-1.4	7:20	5:23	
24	Tue	1:00	5.5	12:06	6.4	6:16	2.2	6:52	-0.9	7:19	5:24	
25	Wed	1:40	5.7	1:03	5.7	7:18	1.9	7:35	-0.2	7:19	5:25	
26	Thu	2:21	5.8	2:07	4.9	8:25	1.6	8:19	0.6	7:18	5:26	
27	Fri	3:03	5.9	3:25	4.2	9:38	1.4	9:07	1.5	7:17	5:27	
28	Sat	3:48	6.0	5:02	3.9	10:53	1.0	10:04	2.2	7:16	5:28	
29	Sun	4:36	6.0	6:47	3.9			12:05	0.6	7:16	5:30	
30	Mon	5:27	6.0	8:09	4.2			1:07	0.3	7:15	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	6:19	6.0	9:07	4.6	12:23	3.2	2:00	0.0	7:14	5:32	