US HARBORS www.USHarbors.com

Ocean Beach, outer coast, CA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:43	5.4	8:43	4.6	12:16	3.4	1:29	0.2	6:41	6:03	
2	Thu	6:44	5.5	9:20	4.7	1:20	3.2	2:17	0.0	6:39	6:04	
3	Fri	7:36	5.6	9:50	4.8	2:10	2.9	2:56	-0.1	6:38	6:05	
4	Sat	8:22	5.7	10:16	4.8	2:51	2.6	3:30	-0.2	6:36	6:06	
5	Sun	9:03	5.7	10:40	4.9	3:27	2.3	3:59	-0.2	6:35	6:07	
6	Mon	9:42	5.6	11:02	5.0	4:01	2.1	4:26	-0.1	6:34	6:08	
7	Tue	10:21	5.5	11:24	5.2	4:33	1.8	4:52	0.1	6:32	6:09	
8	Wed	11:00	5.3	11:46	5.3	5:07	1.5	5:17	0.4	6:31	6:10	
9	Thu	11:41	5.0			5:42	1.2	5:44	0.8	6:29	6:11	
10	Fri	12:10	5.5	12:27	4.7	6:20	0.9	6:13	1.3	6:28	6:12	
11	Sat	12:37	5.6	1:21	4.3	7:04	0.7	6:45	1.9	6:26	6:13	
12	Sun	1:07	5.7	3:30	4.0	8:54	0.5	8:22	2.5	7:25	7:14	
13	Mon	2:45	5.7	5:03	3.8	9:55	0.3	9:10	3.0	7:23	7:15	
14	Tue	3:35	5.7	6:53	3.9	11:07	0.2	10:27	3.4	7:22	7:16	
15	Wed	4:40	5.7	8:12	4.2			12:25	-0.1	7:20	7:17	
16	Thu	5:58	5.7	9:02	4.5	12:09	3.4	1:35	-0.4	7:19	7:18	
17	Fri	7:13	5.9	9:41	4.8	1:32	3.1	2:34	-0.7	7:17	7:18	
18	Sat	8:21	6.1	10:16	5.1	2:36	2.6	3:24	-0.9	7:16	7:19	
19	Sun	9:22	6.2	10:50	5.4	3:31	2.0	4:09	-0.9	7:14	7:20	
20	Mon	10:18	6.2	11:22	5.7	4:21	1.4	4:50	-0.7	7:13	7:21	
21	Tue	11:13	6.0	11:55	5.9	5:09	0.8	5:29	-0.2	7:11	7:22	
22	Wed			12:07	5.6	5:57	0.3	6:07	0.3	7:10	7:23	
23	Thu	12:27	6.1	1:02	5.2	6:45	0.0	6:45	1.0	7:08	7:24	
24	Fri	12:59	6.1	2:00	4.8	7:33	-0.2	7:24	1.7	7:07	7:25	
25	Sat	1:33	6.0	3:04	4.4	8:23	-0.1	8:06	2.3	7:05	7:26	
26	Sun	2:09	5.8	4:20	4.2	9:17	0.0	8:58	2.9	7:04	7:27	
27	Mon	2:50	5.5	5:53	4.1	10:18	0.2	10:10	3.3	7:02	7:28	
28	Tue	3:42	5.2	7:21	4.2	11:29	0.3	11:44	3.4	7:01	7:29	
29	Wed	4:47	4.9	8:21	4.4			12:41	0.4	6:59	7:30	
30	Thu	6:02	4.8	9:02	4.6	1:04	3.2	1:43	0.3	6:58	7:30	
31	Fri	7:11	4.9	9:34	4.7	2:03	2.9	2:32	0.2	6:56	7:31	