US HARBORS www.USHarbors.com

Ocean Beach, outer coast, CA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:52	7.1	10:29	5.0	1:50	3.2	3:19	-1.4	7:25	5:02	
2	Fri	8:45	7.3	11:15	5.1	2:48	3.2	4:07	-1.7	7:25	5:02	
3	Sat	9:37	7.2	11:59	5.3	3:44	3.1	4:54	-1.7	7:25	5:03	
4	Sun	10:29	7.0			4:39	2.9	5:39	-1.5	7:25	5:04	
5	Mon	12:41	5.3	11:19 AM	6.6	5:35	2.7	6:23	-1.2	7:25	5:05	
6	Tue	1:22	5.4	12:10	6.1	6:33	2.5	7:04	-0.7	7:25	5:06	
7	Wed	2:02	5.5	1:03	5.4	7:34	2.3	7:45	0.0	7:25	5:07	
8	Thu	2:42	5.5	2:02	4.7	8:40	2.1	8:27	0.7	7:25	5:08	
9	Fri	3:22	5.6	3:13	4.0	9:50	1.9	9:11	1.4	7:25	5:09	
10	Sat	4:02	5.7	4:46	3.7	11:01	1.5	10:01	2.1	7:25	5:10	
11	Sun	4:43	5.7	6:36	3.6			12:06	1.1	7:25	5:11	
12	Mon	5:26	5.8	8:04	3.9			1:03	0.7	7:24	5:12	
13	Tue	6:10	5.9	9:04	4.2	12:05	3.1	1:51	0.3	7:24	5:13	
14	Wed	6:55	6.0	9:48	4.5	1:06	3.4	2:34	0.0	7:24	5:14	
15	Thu	7:39	6.1	10:24	4.6	1:58	3.4	3:12	-0.3	7:23	5:15	
16	Fri	8:21	6.2	10:56	4.7	2:43	3.4	3:47	-0.5	7:23	5:16	
17	Sat	9:01	6.3	11:25	4.8	3:22	3.3	4:20	-0.7	7:23	5:17	
18	Sun	9:40	6.3	11:53	4.9	3:59	3.1	4:52	-0.8	7:22	5:18	
19	Mon	10:19	6.2			4:35	3.0	5:23	-0.8	7:22	5:19	
20	Tue	12:20	5.0	10:58 AM	6.1	5:14	2.8	5:54	-0.7	7:21	5:20	
21	Wed	12:48	5.1	11:40 AM	5.8	5:56	2.5	6:26	-0.4	7:21	5:21	
22	Thu	1:18	5.3	12:26	5.3	6:44	2.2	7:00	0.1	7:20	5:22	
23	Fri	1:48	5.5	1:20	4.8	7:38	1.9	7:36	0.7	7:20	5:23	
24	Sat	2:22	5.7	2:29	4.2	8:41	1.6	8:16	1.4	7:19	5:24	
25	Sun	3:01	5.9	4:03	3.8	9:52	1.1	9:04	2.2	7:18	5:25	
26	Mon	3:47	6.1	5:57	3.7	11:08	0.6	10:07	2.8	7:18	5:27	
27	Tue	4:41	6.3	7:35	4.1			12:20	0.1	7:17	5:28	
28	Wed	5:42	6.5	8:41	4.5			1:24	-0.5	7:16	5:29	
29	Thu	6:45	6.7	9:31	4.8	12:43	3.3	2:20	-0.9	7:16	5:30	
30	Fri	7:45	6.9	10:13	5.0	1:50	3.2	3:10	-1.2	7:15	5:31	
31	Sat	8:41	6.9	10:52	5.2	2:49	2.9	3:56	-1.3	7:14	5:32	