US HARBORS www.USHarbors.com

Ocean Beach, outer coast, CA - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**8:39**	6.3	**10:16**	5.4	**2:51**	2.2	**3:34**	-0.8	6:40	6:03	
2	Mon	**9:30**	6.1	**10:48**	5.5	**3:39**	1.8	**4:11**	-0.6	6:39	6:04	
3	Tue	**10:18**	5.9	**11:17**	5.6	**4:24**	1.4	**4:45**	-0.2	6:38	6:05	
4	Wed	**11:05**	5.5	**11:45**	5.7	**5:08**	1.0	**5:18**	0.3	6:36	6:06	
5	Thu	**11:52**	5.1			**5:50**	0.8	**5:50**	0.9	6:35	6:07	
6	Fri	**12:12**	5.7	**12:41**	4.7	**6:32**	0.7	**6:21**	1.5	6:33	6:08	
7	Sat	**12:39**	5.7	**1:35**	4.3	**7:16**	0.6	**6:54**	2.1	6:32	6:09	
8	Sun	**1:08**	5.6	**3:40**	3.9	**9:04**	0.6	**8:29**	2.7	7:30	7:10	
9	Mon	**2:42**	5.5	**5:10**	3.7	**10:00**	0.7	**9:14**	3.1	7:29	7:11	
10	Tue	**3:25**	5.3	**7:08**	3.8	**11:07**	0.8	**10:33**	3.5	7:27	7:12	
11	Wed	**4:23**	5.1	**8:25**	4.0			**12:21**	0.7	7:26	7:13	
12	Thu	**5:32**	5.1	**9:05**	4.2	**12:17**	3.5	**1:27**	0.5	7:24	7:14	
13	Fri	**6:42**	5.1	**9:34**	4.4	**1:30**	3.3	**2:19**	0.2	7:23	7:15	
14	Sat	**7:44**	5.3	**9:59**	4.6	**2:23**	3.0	**3:01**	0.0	7:21	7:16	
15	Sun	**8:37**	5.5	**10:23**	4.8	**3:05**	2.6	**3:37**	-0.2	7:20	7:17	
16	Mon	**9:26**	5.6	**10:46**	5.0	**3:43**	2.1	**4:10**	-0.2	7:18	7:18	
17	Tue	**10:13**	5.6	**11:11**	5.3	**4:20**	1.6	**4:42**	-0.1	7:17	7:19	
18	Wed	**11:01**	5.6	**11:37**	5.6	**4:59**	1.1	**5:13**	0.2	7:15	7:20	
19	Thu	**11:51**	5.4			**5:39**	0.5	**5:46**	0.6	7:14	7:21	
20	Fri	**12:05**	5.9	**12:43**	5.2	**6:22**	0.1	**6:21**	1.1	7:12	7:22	
21	Sat	**12:36**	6.1	**1:41**	4.8	**7:08**	-0.3	**6:58**	1.7	7:11	7:22	
22	Sun	**1:11**	6.3	**2:46**	4.5	**7:59**	-0.5	**7:40**	2.3	7:09	7:23	
23	Mon	**1:51**	6.3	**4:04**	4.2	**8:57**	-0.5	**8:30**	2.8	7:08	7:24	
24	Tue	**2:41**	6.1	**5:34**	4.1	**10:05**	-0.4	**9:40**	3.2	7:06	7:25	
25	Wed	**3:43**	5.9	**7:01**	4.3	**11:23**	-0.3	**11:17**	3.3	7:05	7:26	
26	Thu	**4:59**	5.6	**8:04**	4.6			**12:40**	-0.3	7:03	7:27	
27	Fri	**6:20**	5.5	**8:50**	4.8	**12:50**	3.0	**1:46**	-0.4	7:02	7:28	
28	Sat	**7:34**	5.5	**9:29**	5.1	**2:01**	2.5	**2:39**	-0.4	7:00	7:29	
29	Sun	**8:39**	5.5	**10:03**	5.4	**2:58**	1.9	**3:23**	-0.2	6:59	7:30	
30	Mon	**9:36**	5.4	**10:34**	5.5	**3:47**	1.3	**4:02**	0.0	6:57	7:31	
31	Tue	**10:29**	5.3	**11:02**	5.7	**4:31**	0.8	**4:36**	0.4	6:56	7:32	