US HARBORS www.USHarbors.com

Ocean Beach, outer coast, CA - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:14	4.5	5:32	-0.5	5:08	2.3	6:13	8:00	
2	Sat			1:01	4.4	6:05	-0.6	5:42	2.7	6:12	8:01	
3	Sun			1:48	4.4	6:40	-0.6	6:18	3.0	6:11	8:02	
4	Mon	12:02	5.7	2:36	4.3	7:16	-0.6	6:55	3.2	6:10	8:03	
5	Tue	12:36	5.6	3:27	4.2	7:56	-0.4	7:38	3.3	6:09	8:04	
6	Wed	1:15	5.4	4:21	4.1	8:40	-0.3	8:31	3.4	6:08	8:05	
7	Thu	2:01	5.1	5:17	4.2	9:30	-0.1	9:45	3.4	6:07	8:06	
8	Fri	2:55	4.8	6:06	4.3	10:24	0.0	11:10	3.2	6:06	8:06	
9	Sat	3:59	4.5	6:45	4.5	11:19	0.2			6:05	8:07	
10	Sun	5:13	4.3	7:18	4.8	12:23	2.8	12:11	0.3	6:04	8:08	
11	Mon	6:31	4.2	7:49	5.1	1:20	2.2	1:00	0.5	6:03	8:09	
12	Tue	7:47	4.2	8:19	5.5	2:08	1.4	1:45	0.9	6:02	8:10	
13	Wed	8:57	4.3	8:50	5.9	2:52	0.6	2:28	1.3	6:01	8:11	
14	Thu	10:02	4.5	9:24	6.3	3:35	-0.2	3:11	1.7	6:00	8:12	
15	Fri	11:04	4.7	10:01	6.7	4:19	-0.9	3:56	2.1	5:59	8:13	
16	Sat			12:03	4.8	5:05	-1.4	4:42	2.5	5:58	8:13	
17	Sun			1:01	4.8	5:53	-1.8	5:31	2.8	5:58	8:14	
18	Mon			1:58	4.8	6:43	-1.9	6:24	3.0	5:57	8:15	
19	Tue	12:18	6.8	2:55	4.8	7:36	-1.8	7:24	3.0	5:56	8:16	
20	Wed	1:12	6.4	3:53	4.8	8:32	-1.5	8:34	3.0	5:55	8:17	
21	Thu	2:11	6.0	4:49	4.9	9:29	-1.1	9:56	2.9	5:55	8:18	
22	Fri	3:17	5.4	5:43	5.1	10:28	-0.6	11:21	2.5	5:54	8:18	
23	Sat	4:31	4.8	6:32	5.3	11:26	-0.1			5:53	8:19	
24	Sun	5:52	4.3	7:15	5.6	12:37	1.9	12:20	0.4	5:53	8:20	
25	Mon	7:16	4.1	7:53	5.8	1:42	1.3	1:11	1.0	5:52	8:21	
26	Tue	8:34	4.0	8:27	5.9	2:36	0.7	1:57	1.5	5:52	8:22	
27	Wed	9:42	4.1	8:59	6.0	3:22	0.2	2:41	2.0	5:51	8:22	
28	Thu	10:41	4.2	9:29	6.1	4:03	-0.2	3:23	2.4	5:51	8:23	
29	Fri	11:34	4.4	9:58	6.1	4:40	-0.5	4:03	2.8	5:50	8:24	
30	Sat			12:21	4.5	5:14	-0.7	4:42	3.1	5:50	8:25	
31	Sun			1:04	4.5	5:48	-0.7	5:20	3.2	5:49	8:25	