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# Ocean Beach, outer coast, CA - Oct 2026

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 3:35 | 4.5 | 2:09 | 6.3 | 8:01 | 3.1 | 9:29 | -0.2 | 7:05 | 6:53 | |
| 2 | Fri | 4:58 | 4.4 | 3:09 | 6.1 | 9:06 | 3.4 | 10:42 | -0.1 | 7:06 | 6:51 | |
| 3 | Sat | 6:22 | 4.5 | 4:22 | 5.9 | 10:37 | 3.5 | 11:59 | -0.1 | 7:07 | 6:50 | |
| 4 | Sun | 7:27 | 4.8 | 5:43 | 5.7 | | | 12:13 | 3.3 | 7:08 | 6:48 | |
| 5 | Mon | 8:15 | 5.1 | 7:00 | 5.7 | 1:07 | -0.1 | 1:28 | 2.8 | 7:09 | 6:47 | |
| 6 | Tue | 8:55 | 5.4 | 8:09 | 5.7 | 2:03 | -0.1 | 2:27 | 2.1 | 7:10 | 6:45 | |
| 7 | Wed | 9:30 | 5.6 | 9:10 | 5.6 | 2:50 | 0.1 | 3:19 | 1.5 | 7:11 | 6:44 | |
| 8 | Thu | 10:02 | 5.9 | 10:06 | 5.5 | 3:31 | 0.3 | 4:05 | 0.9 | 7:12 | 6:42 | |
| 9 | Fri | 10:33 | 6.1 | 11:00 | 5.4 | 4:09 | 0.7 | 4:48 | 0.4 | 7:13 | 6:41 | |
| 10 | Sat | 11:01 | 6.2 | 11:51 | 5.2 | 4:44 | 1.2 | 5:28 | 0.1 | 7:14 | 6:39 | |
| 11 | Sun | 11:29 | 6.2 | | | 5:19 | 1.7 | 6:08 | -0.1 | 7:15 | 6:38 | |
| 12 | Mon | 12:43 | 5.0 | 11:57 AM | 6.1 | 5:55 | 2.3 | 6:46 | -0.1 | 7:15 | 6:36 | |
| 13 | Tue | 1:35 | 4.8 | 12:25 | 6.0 | 6:31 | 2.7 | 7:26 | 0.0 | 7:16 | 6:35 | |
| 14 | Wed | 2:30 | 4.6 | 12:57 | 5.8 | 7:09 | 3.1 | 8:10 | 0.1 | 7:17 | 6:34 | |
| 15 | Thu | 3:32 | 4.4 | 1:35 | 5.6 | 7:54 | 3.5 | 8:59 | 0.3 | 7:18 | 6:32 | |
| 16 | Fri | 4:43 | 4.3 | 2:22 | 5.3 | 8:53 | 3.7 | 9:57 | 0.5 | 7:19 | 6:31 | |
| 17 | Sat | 5:59 | 4.3 | 3:21 | 5.0 | 10:21 | 3.7 | 11:03 | 0.6 | 7:20 | 6:29 | |
| 18 | Sun | 6:58 | 4.5 | 4:32 | 4.9 | 11:50 | 3.5 | | | 7:21 | 6:28 | |
| 19 | Mon | 7:38 | 4.6 | 5:46 | 4.8 | 12:07 | 0.7 | 12:56 | 3.2 | 7:22 | 6:27 | |
| 20 | Tue | 8:08 | 4.8 | 6:55 | 4.8 | 1:00 | 0.6 | 1:47 | 2.7 | 7:23 | 6:25 | |
| 21 | Wed | 8:34 | 5.1 | 7:57 | 4.9 | 1:45 | 0.6 | 2:29 | 2.1 | 7:24 | 6:24 | |
| 22 | Thu | 8:58 | 5.4 | 8:54 | 4.9 | 2:23 | 0.7 | 3:06 | 1.5 | 7:25 | 6:23 | |
| 23 | Fri | 9:23 | 5.7 | 9:48 | 5.0 | 2:59 | 0.9 | 3:43 | 0.9 | 7:26 | 6:22 | |
| 24 | Sat | 9:50 | 6.0 | 10:42 | 5.1 | 3:34 | 1.3 | 4:20 | 0.2 | 7:27 | 6:20 | |
| 25 | Sun | 10:18 | 6.3 | 11:36 | 5.1 | 4:09 | 1.6 | 4:59 | -0.3 | 7:28 | 6:19 | |
| 26 | Mon | 10:50 | 6.6 | | | 4:46 | 2.1 | 5:42 | -0.8 | 7:29 | 6:18 | |
| 27 | Tue | 12:32 | 5.1 | 11:26 AM | 6.7 | 5:26 | 2.5 | 6:27 | -1.0 | 7:30 | 6:17 | |
| 28 | Wed | 1:30 | 5.0 | 12:07 | 6.8 | 6:09 | 2.9 | 7:17 | -1.1 | 7:31 | 6:15 | |
| 29 | Thu | 2:32 | 4.8 | 12:54 | 6.6 | 6:57 | 3.2 | 8:12 | -1.0 | 7:32 | 6:14 | |
| 30 | Fri | 3:38 | 4.7 | 1:50 | 6.3 | 7:57 | 3.4 | 9:14 | -0.7 | 7:33 | 6:13 | |
| 31 | Sat | 4:46 | 4.8 | 2:55 | 5.9 | 9:15 | 3.4 | 10:21 | -0.4 | 7:34 | 6:12 | |