US HARBORS www.USHarbors.com

Ocean Beach, outer coast, CA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	**7:29**	7.0	**9:44**	4.9	**1:18**	2.8	**2:45**	-1.1	7:25	5:02	
2	Wed	**8:21**	7.1	**10:32**	5.1	**2:18**	2.8	**3:33**	-1.4	7:25	5:02	
3	Thu	**9:12**	7.1	**11:16**	5.3	**3:14**	2.7	**4:19**	-1.4	7:25	5:03	
4	Fri	**10:02**	7.0	**11:58**	5.4	**4:08**	2.6	**5:02**	-1.4	7:25	5:04	
5	Sat	**10:51**	6.6			**5:01**	2.5	**5:44**	-1.1	7:25	5:05	
6	Sun	**12:39**	5.5	**11:39 AM**	6.2	**5:54**	2.3	**6:25**	-0.7	7:25	5:06	
7	Mon	**1:18**	5.5	**12:28**	5.6	**6:49**	2.2	**7:05**	-0.2	7:25	5:07	
8	Tue	**1:57**	5.6	**1:19**	5.0	**7:47**	2.1	**7:45**	0.4	7:25	5:08	
9	Wed	**2:35**	5.6	**2:18**	4.4	**8:51**	2.0	**8:27**	1.1	7:25	5:09	
10	Thu	**3:15**	5.6	**3:31**	3.9	**9:59**	1.8	**9:13**	1.7	7:25	5:10	
11	Fri	**3:57**	5.6	**5:05**	3.6	**11:08**	1.5	**10:08**	2.3	7:25	5:11	
12	Sat	**4:41**	5.7	**6:45**	3.7			**12:12**	1.1	7:24	5:12	
13	Sun	**5:28**	5.7	**8:01**	4.0			**1:07**	0.7	7:24	5:13	
14	Mon	**6:16**	5.9	**8:54**	4.2	**12:16**	3.0	**1:54**	0.4	7:24	5:14	
15	Tue	**7:02**	6.0	**9:35**	4.5	**1:13**	3.1	**2:34**	0.0	7:23	5:15	
16	Wed	**7:46**	6.2	**10:09**	4.6	**2:02**	3.1	**3:11**	-0.2	7:23	5:16	
17	Thu	**8:28**	6.3	**10:41**	4.8	**2:44**	3.0	**3:44**	-0.5	7:23	5:17	
18	Fri	**9:09**	6.3	**11:11**	4.9	**3:24**	2.9	**4:16**	-0.6	7:22	5:18	
19	Sat	**9:49**	6.3	**11:41**	5.1	**4:02**	2.7	**4:48**	-0.7	7:22	5:19	
20	Sun	**10:30**	6.2			**4:42**	2.5	**5:20**	-0.7	7:21	5:20	
21	Mon	**12:11**	5.2	**11:13 AM**	6.0	**5:24**	2.2	**5:53**	-0.5	7:21	5:21	
22	Tue	**12:43**	5.4	**11:59 AM**	5.7	**6:10**	2.0	**6:28**	-0.1	7:20	5:22	
23	Wed	**1:16**	5.6	**12:50**	5.2	**7:01**	1.7	**7:06**	0.4	7:20	5:23	
24	Thu	**1:52**	5.8	**1:51**	4.6	**7:59**	1.4	**7:47**	1.0	7:19	5:24	
25	Fri	**2:33**	6.0	**3:08**	4.1	**9:06**	1.2	**8:35**	1.7	7:18	5:25	
26	Sat	**3:20**	6.1	**4:44**	3.9	**10:21**	0.8	**9:34**	2.3	7:18	5:27	
27	Sun	**4:15**	6.3	**6:26**	4.0	**11:36**	0.4	**10:48**	2.7	7:17	5:28	
28	Mon	**5:16**	6.4	**7:45**	4.3			**12:44**	-0.1	7:16	5:29	
29	Tue	**6:19**	6.6	**8:43**	4.7	**12:07**	2.9	**1:43**	-0.5	7:15	5:30	
30	Wed	**7:19**	6.7	**9:31**	5.0	**1:17**	2.9	**2:35**	-0.8	7:15	5:31	
31	Thu	**8:14**	6.8	**10:12**	5.2	**2:18**	2.7	**3:21**	-1.0	7:14	5:32	