



































Ocean Beach, outer coast, CA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:23	5.2	2:21	4.4	9:18	2.5	8:58	0.8	7:25	5:01	
2	Fri	4:01	5.3	3:35	3.9	10:29	2.2	9:43	1.5	7:25	5:02	
3	Sat	4:38	5.4	5:10	3.6	11:36	1.7	10:32	2.1	7:25	5:03	
4	Sun	5:15	5.6	6:54	3.6			12:34	1.2	7:25	5:04	
5	Mon	5:53	5.7	8:17	3.9			1:24	0.7	7:25	5:05	
6	Tue	6:32	5.9	9:15	4.2	12:25	3.0	2:07	0.3	7:25	5:06	
7	Wed	7:12	6.1	10:00	4.5	1:19	3.3	2:46	-0.1	7:25	5:07	
8	Thu	7:53	6.2	10:38	4.6	2:07	3.4	3:23	-0.4	7:25	5:08	
9	Fri	8:34	6.4	11:12	4.7	2:50	3.4	3:59	-0.7	7:25	5:09	
10	Sat	9:15	6.5	11:45	4.8	3:30	3.4	4:34	-0.9	7:25	5:09	
11	Sun	9:56	6.5			4:09	3.3	5:10	-1.1	7:25	5:10	
12	Mon	12:17	4.9	10:37 AM	6.5	4:49	3.1	5:45	-1.1	7:24	5:11	
13	Tue	12:49	5.0	11:20 AM	6.3	5:34	2.9	6:22	-0.9	7:24	5:12	
14	Wed	1:23	5.1	12:07	5.9	6:24	2.7	6:59	-0.6	7:24	5:13	
15	Thu	1:57	5.3	1:00	5.4	7:21	2.4	7:39	0.0	7:23	5:15	
16	Fri	2:33	5.5	2:04	4.7	8:26	2.0	8:21	0.7	7:23	5:16	
17	Sat	3:12	5.8	3:26	4.1	9:40	1.5	9:08	1.4	7:23	5:17	
18	Sun	3:55	6.1	5:10	3.8	10:56	1.0	10:03	2.2	7:22	5:18	
19	Mon	4:43	6.3	6:57	3.9			12:09	0.3	7:22	5:19	
20	Tue	5:37	6.5	8:19	4.3			1:13	-0.2	7:21	5:20	
21	Wed	6:33	6.7	9:19	4.7	12:23	3.2	2:09	-0.7	7:21	5:21	
22	Thu	7:29	6.8	10:07	4.9	1:31	3.3	3:00	-1.0	7:20	5:22	
23	Fri	8:23	6.9	10:50	5.1	2:32	3.2	3:47	-1.2	7:20	5:23	
24	Sat	9:14	6.8	11:29	5.2	3:26	3.0	4:29	-1.2	7:19	5:24	
25	Sun	10:01	6.6			4:16	2.8	5:09	-1.1	7:18	5:25	
26	Mon	12:05	5.3	10:47 AM	6.3	5:04	2.6	5:46	-0.8	7:18	5:26	
27	Tue	12:39	5.3	11:30 AM	5.9	5:51	2.4	6:20	-0.4	7:17	5:28	
28	Wed	1:11	5.3	12:14	5.4	6:39	2.2	6:54	0.1	7:16	5:29	
29	Thu	1:42	5.3	1:00	4.8	7:29	2.1	7:26	0.7	7:16	5:30	
30	Fri	2:12	5.3	1:53	4.3	8:24	1.9	7:59	1.4	7:15	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	2:43	5.4	3:02	3.8	9:25	1.7	8:35	2.1	7:14	5:32	