

































## Ocean Beach, outer coast, CA - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:47	6.0	5:11	4.2	11:25	1.4	10:55	1.3	7:25	5:02	
2	Fri	5:41	6.1	6:35	4.2			12:31	0.9	7:25	5:03	
3	Sat	6:29	6.3	7:53	4.3			1:31	0.4	7:25	5:03	
4	Sun	7:11	6.3	8:53	4.6	12:55	2.2	2:19	0.1	7:25	5:04	
5	Mon	7:53	6.4	9:47	4.7	1:49	2.5	3:01	-0.2	7:25	5:05	
6	Tue	8:29	6.3	10:29	4.9	2:37	2.6	3:37	-0.4	7:25	5:06	
7	Wed	9:05	6.3	11:11	4.9	3:19	2.8	4:13	-0.4	7:25	5:07	
8	Thu	9:41	6.2	11:41	5.0	4:01	2.8	4:43	-0.5	7:25	5:08	
9	Fri	10:17	6.1			4:37	2.8	5:19	-0.4	7:25	5:09	
10	Sat	12:17	5.0	10:53 AM	5.9	5:13	2.8	5:49	-0.3	7:25	5:10	
11	Sun	12:47	5.0	11:29 AM	5.7	5:49	2.8	6:19	-0.2	7:24	5:11	
12	Mon	1:17	5.0	12:05	5.4	6:31	2.7	6:55	0.0	7:24	5:12	
13	Tue	1:53	5.0	12:47	5.0	7:19	2.7	7:31	0.4	7:24	5:13	
14	Wed	2:29	5.1	1:35	4.6	8:07	2.5	8:07	0.8	7:24	5:14	
15	Thu	3:05	5.2	2:35	4.2	9:13	2.3	8:55	1.2	7:23	5:15	
16	Fri	3:47	5.4	3:59	3.9	10:19	2.0	9:43	1.7	7:23	5:16	
17	Sat	4:35	5.6	5:35	3.8	11:31	1.5	10:49	2.1	7:23	5:17	
18	Sun	5:23	5.9	6:59	4.0			12:31	0.8	7:22	5:18	
19	Mon	6:11	6.2	8:11	4.3			1:25	0.2	7:22	5:19	
20	Tue	7:05	6.5	9:05	4.7	12:49	2.5	2:13	-0.5	7:21	5:20	
21	Wed	7:53	6.8	9:53	5.0	1:49	2.6	3:01	-1.0	7:21	5:21	
22	Thu	8:47	7.1	10:41	5.3	2:43	2.5	3:49	-1.3	7:20	5:22	
23	Fri	9:35	7.1	11:23	5.5	3:37	2.3	4:31	-1.5	7:19	5:23	
24	Sat	10:29	7.0			4:31	2.1	5:19	-1.4	7:19	5:25	
25	Sun	12:05	5.7	11:17 AM	6.8	5:25	1.9	6:01	-1.1	7:18	5:26	
26	Mon	12:53	5.8	12:11	6.3	6:19	1.7	6:49	-0.6	7:18	5:27	
27	Tue	1:35	5.9	1:11	5.7	7:19	1.6	7:37	0.0	7:17	5:28	
28	Wed	2:17	5.9	2:11	5.0	8:25	1.5	8:25	0.7	7:16	5:29	
29	Thu	3:11	5.9	3:29	4.4	9:37	1.3	9:19	1.3	7:15	5:30	
30	Fri	3:59	5.9	4:59	4.1	10:49	1.1	10:19	1.9	7:14	5:31	
31	Sat	4:53	5.9	6:29	4.1			12:01	0.8	7:14	5:32	