

Ocean Beach, outer coast, CA - Jan 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:22	5.3	2:21	4.9	8:56	2.6	9:02	0.2	7:25	5:02	
2	Mon	4:05	5.5	3:43	4.4	10:15	2.1	9:54	0.9	7:25	5:02	
3	Tue	4:48	5.9	5:19	4.1	11:30	1.4	10:51	1.5	7:25	5:03	
4	Wed	5:33	6.2	6:55	4.1			12:36	0.6	7:25	5:04	
5	Thu	6:19	6.5	8:16	4.4			1:33	-0.1	7:25	5:05	
6	Fri	7:06	6.8	9:21	4.7	12:50	2.6	2:26	-0.7	7:25	5:06	
7	Sat	7:54	7.0	10:17	5.0	1:49	2.9	3:14	-1.1	7:25	5:07	
8	Sun	8:42	7.0	11:06	5.1	2:45	3.0	4:00	-1.3	7:25	5:08	
9	Mon	9:29	7.0	11:51	5.2	3:38	3.0	4:45	-1.3	7:25	5:09	
10	Tue	10:16	6.8			4:30	3.0	5:27	-1.2	7:25	5:10	
11	Wed	12:33	5.2	11:01 AM	6.5	5:21	2.9	6:08	-1.0	7:24	5:11	
12	Thu	1:13	5.2	11:46 AM	6.0	6:12	2.8	6:48	-0.6	7:24	5:11	
13	Fri	1:52	5.2	12:31	5.5	7:05	2.7	7:27	-0.1	7:24	5:13	
14	Sat	2:30	5.2	1:19	5.0	8:02	2.6	8:06	0.4	7:24	5:14	
15	Sun	3:07	5.2	2:15	4.4	9:06	2.4	8:47	1.0	7:23	5:15	
16	Mon	3:44	5.2	3:26	3.9	10:15	2.1	9:31	1.6	7:23	5:16	
17	Tue	4:22	5.3	5:02	3.6	11:22	1.7	10:22	2.2	7:23	5:17	
18	Wed	5:01	5.5	6:48	3.6			12:23	1.3	7:22	5:18	
19	Thu	5:43	5.6	8:10	3.9			1:14	0.8	7:22	5:19	
20	Fri	6:26	5.8	9:06	4.2	12:22	3.1	1:59	0.3	7:21	5:20	
21	Sat	7:09	6.0	9:49	4.5	1:18	3.2	2:39	-0.1	7:21	5:21	
22	Sun	7:52	6.2	10:26	4.7	2:06	3.3	3:17	-0.4	7:20	5:22	
23	Mon	8:35	6.4	11:00	4.8	2:49	3.3	3:53	-0.8	7:19	5:23	
24	Tue	9:17	6.5	11:33	4.9	3:30	3.2	4:30	-1.0	7:19	5:24	
25	Wed	10:00	6.6			4:10	3.0	5:06	-1.1	7:18	5:25	
26	Thu	12:06	5.0	10:44 AM	6.5	4:53	2.8	5:43	-1.1	7:18	5:26	
27	Fri	12:39	5.2	11:29 AM	6.3	5:39	2.5	6:21	-0.9	7:17	5:28	
28	Sat	1:14	5.3	12:19	5.9	6:30	2.2	7:00	-0.4	7:16	5:29	
29	Sun	1:50	5.5	1:15	5.3	7:27	2.0	7:41	0.2	7:15	5:30	
30	Mon	2:28	5.7	2:22	4.7	8:33	1.6	8:26	0.9	7:15	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	3:11	5.9	3:49	4.1	9:47	1.2	9:17	1.7	7:14	5:32	