

Ocean Beach, outer coast, CA - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:27	5.7	7:25	3.7			12:53	1.0	7:25	5:02	
2	Fri	6:07	6.0	8:38	4.1			1:38	0.3	7:25	5:03	
3	Sat	6:49	6.3	9:33	4.4	12:41	3.1	2:21	-0.3	7:25	5:03	
4	Sun	7:34	6.6	10:19	4.7	1:35	3.3	3:03	-0.8	7:25	5:04	
5	Mon	8:20	6.8	11:01	4.9	2:26	3.4	3:46	-1.2	7:25	5:05	
6	Tue	9:09	7.0	11:41	5.0	3:16	3.3	4:30	-1.5	7:25	5:06	
7	Wed	9:58	7.1			4:05	3.2	5:14	-1.6	7:25	5:07	
8	Thu	12:21	5.1	10:48 AM	7.0	4:57	2.9	5:57	-1.5	7:25	5:08	
9	Fri	1:00	5.3	11:40 AM	6.6	5:52	2.7	6:41	-1.2	7:25	5:09	
10	Sat	1:39	5.4	12:36	6.1	6:52	2.4	7:24	-0.7	7:25	5:10	
11	Sun	2:20	5.6	1:37	5.3	8:00	2.1	8:08	0.0	7:24	5:11	
12	Mon	3:02	5.8	2:50	4.6	9:14	1.7	8:55	0.8	7:24	5:12	
13	Tue	3:46	6.1	4:20	4.0	10:31	1.2	9:47	1.7	7:24	5:13	
14	Wed	4:34	6.2	6:05	3.9	11:46	0.7	10:48	2.4	7:24	5:14	
15	Thu	5:23	6.4	7:40	4.1			12:52	0.2	7:23	5:15	
16	Fri	6:15	6.4	8:51	4.4			1:49	-0.2	7:23	5:16	
17	Sat	7:05	6.5	9:44	4.7	1:04	3.2	2:38	-0.5	7:22	5:17	
18	Sun	7:53	6.4	10:28	4.9	2:05	3.3	3:22	-0.7	7:22	5:18	
19	Mon	8:39	6.4	11:07	5.0	2:57	3.3	4:01	-0.7	7:21	5:19	
20	Tue	9:21	6.3	11:41	5.0	3:42	3.2	4:37	-0.7	7:21	5:20	
21	Wed	10:00	6.2			4:23	3.0	5:10	-0.6	7:20	5:21	
22	Thu	12:11	4.9	10:37 AM	6.0	5:01	2.9	5:41	-0.5	7:20	5:22	
23	Fri	12:38	4.9	11:14 AM	5.7	5:39	2.7	6:10	-0.3	7:19	5:23	
24	Sat	1:03	5.0	11:51 AM	5.4	6:19	2.6	6:39	0.1	7:19	5:25	
25	Sun	1:28	5.0	12:31	4.9	7:01	2.4	7:07	0.5	7:18	5:26	
26	Mon	1:55	5.1	1:17	4.5	7:50	2.2	7:37	1.1	7:17	5:27	
27	Tue	2:23	5.3	2:15	4.0	8:45	2.0	8:10	1.7	7:17	5:28	
28	Wed	2:56	5.4	3:38	3.6	9:49	1.7	8:48	2.3	7:16	5:29	
29	Thu	3:35	5.6	5:36	3.5	10:58	1.3	9:40	2.9	7:15	5:30	
30	Fri	4:22	5.7	7:28	3.8			12:04	0.8	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	5:16	5.9	8:34	4.1			1:03	0.2	7:13	5:32	