



















Point Bonita, Bonita Cove, CA - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:11	5.2	2:57	4.6	9:58	2.8	9:37	0.9	7:25	5:01	
2	Thu	4:50	5.3	4:10	4.1	11:09	2.5	10:25	1.4	7:25	5:02	
3	Fri	5:28	5.5	5:39	3.9			12:14	2.0	7:25	5:03	
4	Sat	6:06	5.7	7:10	3.9			1:08	1.5	7:25	5:04	
5	Sun	6:44	5.9	8:27	4.1	12:10	2.2	1:54	0.9	7:25	5:04	
6	Mon	7:22	6.2	9:27	4.4	1:02	2.6	2:34	0.3	7:25	5:05	
7	Tue	8:01	6.4	10:17	4.7	1:51	2.8	3:12	-0.2	7:25	5:06	
8	Wed	8:41	6.7	11:01	4.9	2:37	3.0	3:50	-0.6	7:25	5:07	
9	Thu	9:22	6.9	11:42	5.1	3:22	3.1	4:29	-1.0	7:25	5:08	
10	Fri	10:05	7.0			4:06	3.1	5:09	-1.3	7:25	5:09	
11	Sat	12:23	5.3	10:50 AM	7.0	4:52	3.0	5:50	-1.4	7:25	5:10	
12	Sun	1:03	5.4	11:37 AM	6.9	5:40	2.8	6:33	-1.3	7:25	5:11	
13	Mon	1:44	5.5	12:27	6.6	6:33	2.7	7:17	-1.0	7:24	5:12	
14	Tue	2:26	5.6	1:22	6.1	7:31	2.5	8:03	-0.6	7:24	5:13	
15	Wed	3:09	5.7	2:23	5.5	8:39	2.2	8:50	0.1	7:24	5:14	
16	Thu	3:55	5.9	3:38	4.9	9:54	1.8	9:42	0.8	7:23	5:15	
17	Fri	4:43	6.2	5:08	4.4	11:12	1.4	10:40	1.5	7:23	5:16	
18	Sat	5:32	6.4	6:46	4.3			12:25	0.8	7:23	5:17	
19	Sun	6:23	6.6	8:13	4.5			1:29	0.2	7:22	5:18	
20	Mon	7:14	6.7	9:21	4.8	12:48	2.5	2:25	-0.3	7:22	5:19	
21	Tue	8:03	6.8	10:16	5.0	1:50	2.8	3:13	-0.6	7:21	5:20	
22	Wed	8:49	6.8	11:03	5.2	2:47	2.9	3:57	-0.8	7:21	5:22	
23	Thu	9:34	6.8	11:44	5.3	3:38	2.9	4:37	-0.9	7:20	5:23	
24	Fri	10:16	6.6			4:24	2.9	5:15	-0.8	7:20	5:24	
25	Sat	12:22	5.3	10:56 AM	6.5	5:08	2.8	5:50	-0.7	7:19	5:25	
26	Sun	12:56	5.3	11:35 AM	6.2	5:49	2.7	6:24	-0.5	7:18	5:26	
27	Mon	1:28	5.3	12:13	5.9	6:30	2.6	6:57	-0.2	7:18	5:27	
28	Tue	1:58	5.2	12:52	5.5	7:13	2.5	7:30	0.2	7:17	5:28	
29	Wed	2:27	5.2	1:35	5.0	8:00	2.4	8:04	0.7	7:16	5:29	
30	Thu	2:59	5.3	2:25	4.5	8:54	2.3	8:40	1.2	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	3:33	5.4	3:32	4.1	9:57	2.1	9:21	1.8	7:15	5:32	