



































Point San Quentin, CA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:46	6.1	9:34	4.0	1:08	1.9	2:58	0.3	7:25	5:01	
2	Mon	8:27	6.2	10:40	4.3	2:05	2.4	3:46	-0.1	7:25	5:02	
3	Tue	9:07	6.2	11:34	4.5	2:59	2.7	4:28	-0.4	7:25	5:02	
4	Wed	9:45	6.2			3:50	3.0	5:06	-0.5	7:26	5:03	
5	Thu	12:19	4.7	10:23 AM	6.2	4:36	3.1	5:42	-0.6	7:26	5:04	
6	Fri	12:59	4.7	11:00 AM	6.1	5:18	3.1	6:16	-0.6	7:26	5:05	
7	Sat	1:35	4.7	11:36 AM	6.0	5:57	3.1	6:48	-0.6	7:25	5:06	
8	Sun	2:07	4.7	12:13	5.9	6:35	3.0	7:20	-0.5	7:25	5:07	
9	Mon	2:38	4.6	12:49	5.7	7:13	2.9	7:52	-0.3	7:25	5:08	
10	Tue	3:07	4.7	1:27	5.4	7:54	2.8	8:24	-0.1	7:25	5:09	
11	Wed	3:37	4.7	2:08	5.0	8:41	2.7	8:57	0.2	7:25	5:10	
12	Thu	4:08	4.8	2:55	4.5	9:36	2.5	9:32	0.6	7:25	5:11	
13	Fri	4:41	5.0	3:56	4.0	10:39	2.2	10:10	1.1	7:24	5:12	
14	Sat	5:17	5.2	5:20	3.6	11:48	1.8	10:56	1.7	7:24	5:13	
15	Sun	5:56	5.5	7:08	3.5			12:55	1.3	7:24	5:14	
16	Mon	6:39	5.8	8:50	3.7			1:55	0.6	7:23	5:15	
17	Tue	7:27	6.1	10:06	4.1	12:55	2.7	2:50	-0.1	7:23	5:16	
18	Wed	8:18	6.4	11:02	4.4	2:01	3.0	3:41	-0.7	7:23	5:17	
19	Thu	9:10	6.7	11:48	4.7	3:03	3.1	4:30	-1.2	7:22	5:18	
20	Fri	10:04	7.0			4:00	3.0	5:18	-1.5	7:22	5:19	
21	Sat	12:31	4.9	10:57 AM	7.1	4:55	2.8	6:05	-1.6	7:21	5:20	
22	Sun	1:12	5.1	11:50 AM	7.0	5:49	2.5	6:50	-1.6	7:21	5:21	
23	Mon	1:52	5.2	12:43	6.7	6:44	2.3	7:34	-1.3	7:20	5:22	
24	Tue	2:31	5.4	1:37	6.2	7:41	2.0	8:17	-0.8	7:19	5:24	
25	Wed	3:11	5.5	2:34	5.5	8:43	1.8	9:00	-0.2	7:19	5:25	
26	Thu	3:52	5.7	3:38	4.8	9:50	1.5	9:44	0.6	7:18	5:26	
27	Fri	4:34	5.8	4:56	4.1	11:03	1.3	10:32	1.4	7:17	5:27	
28	Sat	5:19	5.8	6:33	3.7			12:18	0.9	7:17	5:28	
29	Sun	6:07	5.8	8:18	3.8			1:30	0.6	7:16	5:29	
30	Mon	6:58	5.8	9:40	4.1	12:36	2.6	2:32	0.3	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	7:50	5.8	10:38	4.4	1:48	3.0	3:25	0.0	7:14	5:31	