





Point San Quentin, CA - Jan 2024

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 1:49 | 4.6 | 11:54 AM | 6.0 | 6:09 | 3.1 | 7:03 | -0.7 | 7:25 | 5:01 | ● |
| 2 | Sat | 2:20 | 4.6 | 12:32 | 5.9 | 6:46 | 3.0 | 7:35 | -0.6 | 7:25 | 5:01 | ● |
| 3 | Sun | 2:50 | 4.7 | 1:10 | 5.6 | 7:27 | 2.9 | 8:08 | -0.5 | 7:25 | 5:02 | ● |
| 4 | Mon | 3:22 | 4.8 | 1:52 | 5.3 | 8:15 | 2.7 | 8:43 | -0.2 | 7:25 | 5:03 | ◐ |
| 5 | Tue | 3:54 | 4.9 | 2:41 | 4.8 | 9:10 | 2.5 | 9:20 | 0.2 | 7:25 | 5:04 | ◑ |
| 6 | Wed | 4:27 | 5.1 | 3:43 | 4.3 | 10:15 | 2.2 | 10:01 | 0.8 | 7:25 | 5:05 | ◒ |
| 7 | Thu | 5:04 | 5.4 | 5:07 | 3.8 | 11:27 | 1.7 | 10:47 | 1.4 | 7:25 | 5:06 | ◓ |
| 8 | Fri | 5:44 | 5.7 | 6:53 | 3.6 | | | 12:39 | 1.1 | 7:25 | 5:07 | ◔ |
| 9 | Sat | 6:29 | 6.0 | 8:38 | 3.7 | | | 1:45 | 0.4 | 7:25 | 5:08 | ◕ |
| 10 | Sun | 7:18 | 6.3 | 9:58 | 4.1 | 12:46 | 2.6 | 2:44 | -0.2 | 7:25 | 5:09 | ◖ |
| 11 | Mon | 8:12 | 6.6 | 10:58 | 4.5 | 1:54 | 2.9 | 3:39 | -0.8 | 7:25 | 5:10 | ◗ |
| 12 | Tue | 9:07 | 6.9 | 11:47 | 4.8 | 2:59 | 3.0 | 4:30 | -1.2 | 7:25 | 5:11 | ◘ |
| 13 | Wed | 10:02 | 7.0 | | | 3:59 | 3.0 | 5:19 | -1.5 | 7:24 | 5:12 | ◙ |
| 14 | Thu | 12:32 | 5.0 | 10:55 AM | 7.1 | 4:56 | 2.8 | 6:06 | -1.6 | 7:24 | 5:13 | ◚ |
| 15 | Fri | 1:13 | 5.1 | 11:48 AM | 6.9 | 5:51 | 2.6 | 6:50 | -1.4 | 7:24 | 5:14 | ◛ |
| 16 | Sat | 1:54 | 5.2 | 12:39 | 6.5 | 6:46 | 2.3 | 7:32 | -1.1 | 7:23 | 5:15 | ◜ |
| 17 | Sun | 2:33 | 5.3 | 1:30 | 6.0 | 7:42 | 2.1 | 8:13 | -0.6 | 7:23 | 5:16 | ◝ |
| 18 | Mon | 3:11 | 5.4 | 2:23 | 5.3 | 8:40 | 1.9 | 8:53 | 0.0 | 7:23 | 5:17 | ◞ |
| 19 | Tue | 3:49 | 5.5 | 3:21 | 4.6 | 9:43 | 1.8 | 9:33 | 0.7 | 7:22 | 5:18 | ◟ |
| 20 | Wed | 4:27 | 5.5 | 4:30 | 4.0 | 10:51 | 1.5 | 10:15 | 1.4 | 7:22 | 5:19 | ◠ |
| 21 | Thu | 5:07 | 5.6 | 6:02 | 3.6 | | | 12:01 | 1.3 | 7:21 | 5:20 | ◡ |
| 22 | Fri | 5:50 | 5.6 | 7:56 | 3.5 | | | 1:10 | 0.9 | 7:21 | 5:21 | ◢ |
| 23 | Sat | 6:35 | 5.6 | 9:29 | 3.8 | 12:06 | 2.7 | 2:12 | 0.6 | 7:20 | 5:22 | ◣ |
| 24 | Sun | 7:24 | 5.6 | 10:29 | 4.1 | 1:18 | 3.0 | 3:04 | 0.3 | 7:19 | 5:23 | ◤ |
| 25 | Mon | 8:13 | 5.7 | 11:11 | 4.4 | 2:24 | 3.2 | 3:49 | 0.0 | 7:19 | 5:24 | ◥ |
| 26 | Tue | 9:00 | 5.8 | 11:46 | 4.5 | 3:19 | 3.2 | 4:29 | -0.2 | 7:18 | 5:26 | ◦ |
| 27 | Wed | 9:44 | 6.0 | | | 4:04 | 3.1 | 5:05 | -0.4 | 7:17 | 5:27 | ◧ |
| 28 | Thu | 12:16 | 4.6 | 10:26 AM | 6.0 | 4:43 | 3.0 | 5:37 | -0.5 | 7:17 | 5:28 | ◨ |
| 29 | Fri | 12:43 | 4.6 | 11:05 AM | 6.1 | 5:19 | 2.8 | 6:08 | -0.6 | 7:16 | 5:29 | ◩ |

| Date | | High | | | | Low | | | |  | |  |
|-----------|-----|-------------|-----|---------------------|-----|-------------|-----|-------------|------|--|------|--|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 30 | Sat | 1:09 | 4.7 | 11:43 AM | 6.0 | 5:54 | 2.6 | 6:37 | -0.6 | 7:15 | 5:30 | ● |
| 31 | Sun | 1:35 | 4.8 | 12:22 | 5.8 | 6:31 | 2.4 | 7:06 | -0.5 | 7:14 | 5:31 | ● |