






San Leandro Marina, CA - Jan 2010

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|-------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 1:20 | 6.6 | 12:01 | 8.7 | 6:22 | 2.8 | 7:19 | -1.7 | 7:23 | 5:01 | ☉ |
| 2 | Sat | 2:03 | 6.9 | 12:53 | 8.5 | 7:15 | 2.6 | 8:01 | -1.5 | 7:24 | 5:01 | ☉ |
| 3 | Sun | 2:45 | 7.1 | 1:47 | 8.0 | 8:10 | 2.3 | 8:43 | -1.1 | 7:24 | 5:02 | ☉ |
| 4 | Mon | 3:27 | 7.3 | 2:44 | 7.3 | 9:08 | 2.0 | 9:26 | -0.4 | 7:24 | 5:03 | ☾ |
| 5 | Tue | 4:11 | 7.5 | 3:49 | 6.5 | 10:11 | 1.8 | 10:11 | 0.4 | 7:24 | 5:04 | ☾ |
| 6 | Wed | 4:56 | 7.6 | 5:05 | 5.7 | 11:21 | 1.5 | 11:01 | 1.3 | 7:24 | 5:05 | ☾ |
| 7 | Thu | 5:45 | 7.7 | 6:32 | 5.2 | | | 12:37 | 1.2 | 7:24 | 5:06 | ☾ |
| 8 | Fri | 6:36 | 7.7 | 8:00 | 5.2 | | | 1:51 | 0.7 | 7:24 | 5:07 | ☾ |
| 9 | Sat | 7:29 | 7.7 | 9:17 | 5.4 | 1:02 | 2.7 | 2:57 | 0.2 | 7:23 | 5:08 | ☾ |
| 10 | Sun | 8:21 | 7.7 | 10:19 | 5.7 | 2:08 | 3.1 | 3:54 | -0.2 | 7:23 | 5:08 | ☾ |
| 11 | Mon | 9:09 | 7.7 | 11:09 | 6.0 | 3:08 | 3.3 | 4:42 | -0.4 | 7:23 | 5:09 | ☾ |
| 12 | Tue | 9:54 | 7.7 | 11:53 | 6.2 | 4:02 | 3.3 | 5:24 | -0.5 | 7:23 | 5:10 | ☾ |
| 13 | Wed | 10:35 | 7.6 | | | 4:50 | 3.2 | 6:01 | -0.5 | 7:23 | 5:11 | ☾ |
| 14 | Thu | 12:31 | 6.3 | 11:13 AM | 7.6 | 5:33 | 3.1 | 6:33 | -0.4 | 7:22 | 5:12 | ☾ |
| 15 | Fri | 1:06 | 6.4 | 11:49 AM | 7.5 | 6:13 | 3.0 | 7:01 | -0.3 | 7:22 | 5:14 | ☾ |
| 16 | Sat | 1:37 | 6.4 | 12:25 | 7.3 | 6:51 | 2.8 | 7:26 | -0.2 | 7:22 | 5:15 | ☾ |
| 17 | Sun | 2:06 | 6.5 | 1:01 | 7.1 | 7:28 | 2.7 | 7:51 | 0.0 | 7:21 | 5:16 | ☾ |
| 18 | Mon | 2:31 | 6.5 | 1:39 | 6.8 | 8:05 | 2.5 | 8:17 | 0.4 | 7:21 | 5:17 | ☾ |
| 19 | Tue | 2:55 | 6.7 | 2:20 | 6.3 | 8:44 | 2.3 | 8:45 | 0.8 | 7:20 | 5:18 | ☾ |
| 20 | Wed | 3:20 | 6.8 | 3:08 | 5.8 | 9:28 | 2.2 | 9:17 | 1.3 | 7:20 | 5:19 | ☾ |
| 21 | Thu | 3:49 | 6.9 | 4:08 | 5.2 | 10:19 | 2.1 | 9:55 | 2.0 | 7:19 | 5:20 | ☾ |
| 22 | Fri | 4:24 | 7.1 | 5:30 | 4.8 | 11:21 | 1.9 | 10:42 | 2.6 | 7:19 | 5:21 | ☾ |
| 23 | Sat | 5:09 | 7.2 | 7:11 | 4.6 | | | 12:36 | 1.5 | 7:18 | 5:22 | ☾ |
| 24 | Sun | 6:03 | 7.4 | 8:40 | 4.9 | | | 1:52 | 1.0 | 7:18 | 5:23 | ☾ |
| 25 | Mon | 7:04 | 7.6 | 9:47 | 5.3 | 12:58 | 3.5 | 2:58 | 0.4 | 7:17 | 5:24 | ☾ |
| 26 | Tue | 8:07 | 7.9 | 10:40 | 5.8 | 2:12 | 3.6 | 3:54 | -0.3 | 7:16 | 5:25 | ☾ |
| 27 | Wed | 9:07 | 8.2 | 11:26 | 6.2 | 3:19 | 3.4 | 4:44 | -0.9 | 7:16 | 5:26 | ☾ |
| 28 | Thu | 10:05 | 8.5 | | | 4:19 | 3.1 | 5:30 | -1.3 | 7:15 | 5:28 | ☾ |
| 29 | Fri | 12:08 | 6.6 | 11:00 AM | 8.7 | 5:15 | 2.6 | 6:13 | -1.5 | 7:14 | 5:29 | ☾ |
| 30 | Sat | 12:48 | 7.0 | 11:54 AM | 8.6 | 6:09 | 2.2 | 6:54 | -1.4 | 7:13 | 5:30 | ☾ |

| Date | | High | | | | Low | | | |  | |  |
|-----------|-----|-------------|-----|--------------|-----|-------------|-----|-------------|------|------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Sun | 1:27 | 7.4 | 12:47 | 8.3 | 7:02 | 1.7 | 7:34 | -1.1 | 7:13 | 5:31 |  |