











## Panama City, FL - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			7:26	1.6	6:01	-1.0			6:38	4:53	
2	Fri			8:28	1.6	6:57	-1.1			6:39	4:54	
3	Sat			9:31	1.5	7:50	-1.1			6:39	4:55	
4	Sun			10:30	1.4	8:38	-1.0			6:39	4:55	
5	Mon			11:21	1.2	9:17	-0.8			6:39	4:56	
6	Tue			11:59	0.9	9:41	-0.6			6:39	4:57	
7	Wed					9:29	-0.3			6:39	4:58	
8	Thu	12:08	0.6	4:13	0.3	8:54	-0.1	8:51	0.3	6:39	4:59	
9	Fri			3:55	0.5	7:46	0.0			6:39	4:59	
10	Sat			3:57	0.7	6:01	0.0			6:39	5:00	
11	Sun			4:07	0.8	3:33	-0.3			6:39	5:01	
12	Mon			4:37	1.0	4:00	-0.4			6:39	5:02	
13	Tue			5:22	1.1	4:32	-0.6			6:39	5:03	
14	Wed			6:13	1.1	5:09	-0.7			6:39	5:04	
15	Thu			7:04	1.2	5:48	-0.7			6:39	5:04	
16	Fri			7:52	1.2	6:27	-0.8			6:39	5:05	
17	Sat			8:36	1.2	7:04	-0.8			6:39	5:06	
18	Sun			9:17	1.2	7:36	-0.8			6:38	5:07	
19	Mon			9:56	1.1	8:00	-0.7			6:38	5:08	
20	Tue			10:34	1.0	8:13	-0.6			6:38	5:09	
21	Wed			11:11	0.8	8:19	-0.5			6:37	5:10	
22	Thu			11:47	0.5	8:18	-0.3			6:37	5:10	
23	Fri			3:04	0.3	7:51	-0.1	8:25	0.2	6:37	5:11	
24	Sat	12:13	0.2	2:46	0.5	6:40	0.0			6:36	5:12	
25	Sun			2:37	0.7	2:31	-0.1			6:36	5:13	
26	Mon			3:11	1.0	2:48	-0.4			6:36	5:14	
27	Tue			4:10	1.1	3:28	-0.7			6:35	5:15	
28	Wed			5:26	1.3	4:15	-0.9			6:35	5:16	
29	Thu			6:41	1.4	5:05	-1.0			6:34	5:17	
30	Fri			7:49	1.4	5:56	-1.1			6:34	5:17	
31	Sat			8:52	1.4	6:45	-1.0			6:33	5:18	