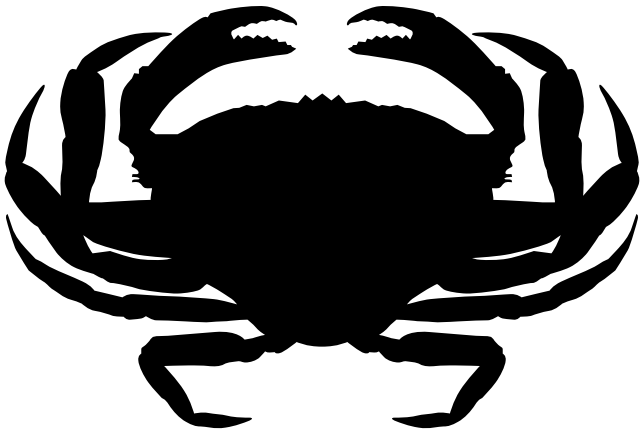
OREGON

NORTH COAST

TIDE TABLES

& BEACH SAFETY TIPS

2026



★
Monthly tide data taken from Tillamook Bay, North Jetty. Tide height and times will be slightly different depending on your North Coast location.

Tide Tables are predictions and are least accurate during storms and extreme high and low tide periods.

TILLAMOOK BAY, NORTH JETTY

Oregon State Parks

Information:

800-551-6949

Reservations:

800-452-5687

stateparks.oregon.gov

Information printed from the National Oceanic and Atmospheric Administration

tidesandcurrents.noaa.gov

2026 NORTH OREGON COAST TIDE TABLES

January

	Time	Height		Time	Height
	h m	ft cm		h m	ft cm
1	03:23 AM	4.0 122	**16**	04:04 AM	4.4 134
	09:38 AM	9.8 299		10:12 AM	8.5 259
Th	04:49 PM	-1.4 -43	F	05:19 PM	-0.1 -3
	11:37 PM	7.3 223			
2	04:24 AM	4.0 122	**17**	12:04 AM	6.8 207
	10:32 AM	10.1 308		04:51 AM	4.2 128
F	05:40 PM	-1.8 -55	Sa	10:54 AM	8.7 265
				05:55 PM	-0.4 -12
3	12:27 AM	7.6 232	**18**	12:40 AM	7.0 213
	05:21 AM	3.8 116		05:33 AM	3.9 119
Sa	11:25 AM	10.1 308	Su	11:32 AM	8.8 268
○	06:28 PM	-2.0 -61	●	06:29 PM	-0.6 -18
4	01:14 AM	7.8 238	**19**	01:14 AM	7.2 219
	06:15 AM	3.5 107		06:14 AM	3.6 110
Su	12:16 PM	9.9 302	M	12:10 PM	8.7 265
	07:13 PM	-1.8 -55		07:01 PM	-0.7 -21
5	01:58 AM	7.9 241	**20**	01:47 AM	7.4 226
	07:08 AM	3.3 101		06:54 AM	3.3 101
M	01:07 PM	9.5 290	Tu	12:48 PM	8.5 259
	07:57 PM	-1.4 -43		07:34 PM	-0.6 -18
6	02:42 AM	8.0 244	**21**	02:18 AM	7.5 229
	08:02 AM	3.1 94		07:36 AM	3.0 91
Tu	01:58 PM	8.8 268	W	01:27 PM	8.2 250
	08:39 PM	-0.7 -21		08:06 PM	-0.3 -9
7	03:24 AM	8.0 244	**22**	02:48 AM	7.7 235
	08:57 AM	2.9 88		08:20 AM	2.6 79
W	02:50 PM	7.9 241	Th	02:11 PM	7.8 238
	09:19 PM	0.1 3		08:39 PM	0.2 6
8	04:06 AM	7.9 241	**23**	03:18 AM	7.8 238
	09:55 AM	2.7 82		09:08 AM	2.3 70
Th	03:46 PM	7.0 213	F	03:00 PM	7.2 219
	09:59 PM	1.0 30		09:13 PM	0.9 27
9	04:48 AM	7.9 241	**24**	03:51 AM	8.0 244
	10:56 AM	2.6 79		10:03 AM	1.9 58
F	04:49 PM	6.2 189	Sa	03:59 PM	6.5 198
	10:39 PM	1.9 58		09:51 PM	1.8 55
10	05:31 AM	7.8 238	**25**	04:28 AM	8.2 250
	12:01 PM	2.3 70		11:05 AM	1.6 49
Sa	06:03 PM	5.6 171	Su	05:15 PM	6.0 183
◑	11:21 PM	2.8 85		10:35 PM	2.7 82
11	06:16 AM	7.8 238	**26**	05:13 AM	8.4 256
	01:08 PM	2.0 61		12:15 PM	1.2 37
Su	07:24 PM	5.4 165	M	06:49 PM	5.7 174
			◐	11:29 PM	3.5 107
12	12:10 AM	3.5 107	**27**	06:09 AM	8.5 259
	07:03 AM	7.8 238		01:29 PM	0.7 21
M	02:12 PM	1.7 52	Tu	08:21 PM	5.8 177
	08:42 PM	5.5 168			
13	01:07 AM	4.1 125	**28**	12:38 AM	4.1 125
	07:52 AM	7.9 241		07:16 AM	8.7 265
Tu	03:09 PM	1.2 37	W	02:42 PM	0.1 3
	09:49 PM	5.8 177		09:37 PM	6.2 189
14	02:11 AM	4.4 134	**29**	01:59 AM	4.4 134
	08:42 AM	8.1 247		08:25 AM	9.0 274
W	03:58 PM	0.8 24	Th	03:46 PM	-0.5 -15
	10:42 PM	6.1 186		10:37 PM	6.7 204
15	03:11 AM	4.5 137	**30**	03:16 AM	4.2 128
	09:28 AM	8.3 253		09:30 AM	9.3 283
Th	04:40 PM	0.3 9	F	04:41 PM	-1.1 -34
	11:25 PM	6.5 198		11:27 PM	7.1 216
			31	04:22 AM	3.8 116
				10:29 AM	9.5 290
			Sa	05:30 PM	-1.4 -43

February

	Time	Height		Time	Height
	h m	ft cm		h m	ft cm
1	12:10 AM	7.5 229	**16**	12:06 AM	7.1 216
	05:19 AM	3.3 101		05:18 AM	3.1 94
Su	11:23 AM	9.6 293	M	11:20 AM	8.5 259
○	06:14 PM	-1.4 -43		06:01 PM	-0.5 -15
2	12:50 AM	7.8 238	**17**	12:36 AM	7.4 226
	06:11 AM	2.7 82		05:59 AM	2.5 76
M	12:13 PM	9.4 287	Tu	12:01 PM	8.5 259
	06:54 PM	-1.2 -37	●	06:33 PM	-0.5 -15
3	01:28 AM	8.1 247	**18**	01:05 AM	7.7 235
	06:59 AM	2.3 70		06:38 AM	2.0 61
Tu	01:01 PM	9.0 274	W	12:42 PM	8.4 256
	07:32 PM	-0.8 -24		07:04 PM	-0.3 -9
4	02:05 AM	8.2 250	**19**	01:33 AM	8.0 244
	07:46 AM	1.9 58		07:19 AM	1.4 43
W	01:48 PM	8.3 253	Th	01:24 PM	8.1 247
	08:07 PM	-0.1 -3		07:36 PM	0.2 6
5	02:40 AM	8.2 250	**20**	02:01 AM	8.2 250
	08:32 AM	1.7 52		08:02 AM	1.0 30
Th	02:35 PM	7.6 232	F	02:10 PM	7.7 235
	08:41 PM	0.7 21		08:09 PM	0.8 24
6	03:15 AM	8.1 247	**21**	02:31 AM	8.4 256
	09:19 AM	1.7 52		08:48 AM	0.7 21
F	03:24 PM	6.9 210	Sa	03:01 PM	7.2 219
	09:14 PM	1.6 49		08:43 PM	1.6 49
7	03:49 AM	7.9 241	**22**	03:04 AM	8.5 259
	10:08 AM	1.7 52		09:40 AM	0.6 18
Sa	04:18 PM	6.2 189	Su	04:00 PM	6.5 198
	09:47 PM	2.4 73		09:21 PM	2.5 76
8	04:24 AM	7.8 238	**23**	03:43 AM	8.5 259
	11:03 AM	1.8 55		10:40 AM	0.6 18
Su	05:24 PM	5.6 171	M	05:15 PM	5.9 180
	10:22 PM	3.3 101		10:06 PM	3.3 101
9	05:04 AM	7.6 232	**24**	04:32 AM	8.4 256
	12:05 PM	1.9 58		11:51 AM	0.6 18
M	06:44 PM	5.3 162	Tu	06:46 PM	5.7 174
◑	11:05 PM	4.0 122	◐	11:06 PM	4.0 122
10	05:54 AM	7.4 226	**25**	05:37 AM	8.2 250
	01:17 PM	1.8 55		01:10 PM	0.5 15
Tu	08:11 PM	5.3 162	W	08:16 PM	5.8 177
11	12:07 AM	4.5 137	**26**	12:30 AM	4.4 134
	06:57 AM	7.4 226		07:00 AM	8.2 250
W	02:27 PM	1.5 46	Th	02:28 PM	0.2 6
	09:25 PM	5.6 171		09:27 PM	6.2 189
12	01:29 AM	4.7 143	**27**	02:05 AM	4.3 131
	08:03 AM	7.5 229		08:21 AM	8.3 253
Th	03:26 PM	1.1 34	F	03:34 PM	-0.2 -6
	10:18 PM	5.9 180		10:21 PM	6.7 204
13	02:47 AM	4.6 140	**28**	03:24 AM	3.8 116
	09:02 AM	7.8 238		09:29 AM	8.5 259
F	04:14 PM	0.6 18	Sa	04:27 PM	-0.6 -18
	10:59 PM	6.3 192		11:04 PM	7.2 219
14	03:47 AM	4.2 128			
	09:53 AM	8.1 247			
Sa	04:53 PM	0.1 3			
	11:34 PM	6.7 204			
15	04:35 AM	3.7 113			
	10:38 AM	8.3 253			
Su	05:28 PM	-0.3 -9			

March

	Time	Height		Time	Height
	h m	ft cm		h m	ft cm
1	04:25 AM	3.0 91	**16**	05:15 AM	2.8 85
	10:28 AM	8.7 265		11:18 AM	7.7 235
Su	05:12 PM	-0.7 -21	M	05:49 PM	0.1 3
	11:42 PM	7.6 232			
2	05:17 AM	2.2 67	**17**	12:20 AM	7.2 219
	11:20 AM	8.7 265		05:58 AM	2.0 61
M	05:51 PM	-0.6 -18	Tu	12:04 PM	7.9 241
				06:23 PM	0.0 0
3	12:17 AM	7.9 241	**18**	12:49 AM	7.7 235
	06:02 AM	1.5 46		06:38 AM	1.1 34
Tu	12:08 PM	8.5 259	W	12:49 PM	8.1 247
○	06:27 PM	-0.3 -9		06:57 PM	0.1 3
4	12:51 AM	8.2 250	**19**	01:17 AM	8.1 247
	06:44 AM	1.0 30		07:18 AM	0.3 9
W	12:53 PM	8.2 250	Th	01:34 PM	8.1 247
	07:00 PM	0.1 3	●	07:31 PM	0.5 15
5	01:23 AM	8.3 253	**20**	01:46 AM	8.5 259
	07:24 AM	0.7 21		07:59 AM	-0.3 -9
Th	01:36 PM	7.8 238	F	02:20 PM	7.9 241
	07:32 PM	0.8 24		08:05 PM	1.1 34
6	01:53 AM	8.2 250	**21**	02:16 AM	8.7 265
	08:03 AM	0.6 18		08:43 AM	-0.7 -21
F	02:20 PM	7.3 223	Sa	03:09 PM	7.6 232
	08:02 PM	1.5 46		08:41 PM	1.7 52
7	02:22 AM	8.1 247	**22**	02:50 AM	8.9 271
	08:42 AM	0.7 21		09:30 AM	-0.8 -24
Sa	03:04 PM	6.7 204	Su	04:03 PM	7.1 216
	08:33 PM	2.3 70		09:19 PM	2.5 76
8	03:50 AM	7.9 241	**23**	03:27 AM	8.8 268
	10:24 AM	0.9 27		10:22 AM	-0.6 -18
Su	04:53 PM	6.2 189	M	05:05 PM	6.5 198
	10:03 PM	3.0 91		10:02 PM	3.2 98
9	04:20 AM	7.6 232	**24**	04:12 AM	8.5 259
	11:12 AM	1.2 37		11:23 AM	-0.3 -9
M	05:52 PM	5.7 174	Tu	06:18 PM	6.1 186
	10:36 PM	3.6 110		10:55 PM	3.8 116
10	04:55 AM	7.3 223	**25**	05:08 AM	8.1 247
	12:08 PM	1.5 46		12:33 PM	0.1 3
Tu	07:08 PM	5.3 162	W	07:42 PM	5.9 180
	11:18 PM	4.2 128	◐		
11	05:43 AM	7.0 213	**26**	12:09 AM	4.2 128
	01:18 PM	1.6 49		06:24 AM	7.6 232
W	08:34 PM	5.3 162	Th	01:52 PM	0.2 6
◑				09:00 PM	6.0 183
12	12:25 AM	4.5 137	**27**	01:46 AM	4.2 128
	06:55 AM	6.8 207		07:56 AM	7.4 226
Th	02:34 PM	1.5 46	F	03:07 PM	0.2 6
	09:47 PM	5.5 168		10:02 PM	6.4 195
13	02:01 AM	4.6 140	**28**	03:19 AM	3.6 110
	08:22 AM	6.8 207		09:19 AM	7.4 226
F	03:40 PM	1.2 37	Sa	04:10 PM	0.1 3
	10:39 PM	5.8 177		10:50 PM	6.9 210
14	03:26 AM	4.2 128	**29**	04:29 AM	2.8 85
	09:32 AM	7.0 213		10:26 AM	7.5 229
Sa	04:31 PM	0.7 21	Su	05:00 PM	0.1 3
	11:17 PM	6.3 192		11:29 PM	7.3 223
15	04:27 AM	3.6 110	**30**	05:23 AM	1.9 58
	10:29 AM	7.3 223		11:23 AM	7.6 232
Su	05:13 PM	0.3 9	M	05:43 PM	0.2 6
	11:50 PM	6.7 204			
			31	12:05 AM	7.8 238
				06:07 AM	1.0 30
			Tu	12:14 PM	7.7 235
				06:20 PM	0.4 12

2026 NORTH OREGON COAST TIDE TABLES

April

	Time	Height			Time	Height			Time	Height			Time	Height		
	h m	ft	cm		h m	ft	cm		h m	ft	cm		h m	ft	cm	
1	12:38 AM	8.1	247	16	06:14 AM	-0.3	-9	1	12:26 AM	8.2	250	16	06:38 AM	-2.1	-64	
	06:47 AM	0.4	12		12:37 PM	7.5	229		07:03 AM	-0.7	-21		01:20 PM	7.2	219	
W	01:00 PM	7.6	232	Th	06:18 PM	1.1	34	F	01:34 PM	6.8	207	Sa	06:26 PM	2.5	76	
	06:54 PM	0.8	24					○	06:51 PM	2.4	73	●				
2	01:09 AM	8.2	250	17	12:29 AM	8.6	262	2	12:56 AM	8.2	250	17	12:28 AM	9.4	287	
	07:24 AM	-0.1	-3		06:57 AM	-1.1	-34		07:37 AM	-0.8	-24		07:25 AM	-2.5	-76	
Th	01:43 PM	7.5	229	F	01:26 PM	7.6	232	Sa	02:15 PM	6.8	207	Su	02:12 PM	7.2	219	
○	07:26 PM	1.3	40	●	06:57 PM	1.6	49		07:23 PM	2.8	85		07:12 PM	2.8	85	
3	01:38 AM	8.3	253	18	01:02 AM	9.0	274	3	01:25 AM	8.1	247	18	01:12 AM	9.5	290	
	08:00 AM	-0.3	-9		07:40 AM	-1.7	-52		08:12 AM	-0.8	-24		08:14 AM	-2.6	-79	
F	02:25 PM	7.2	219	Sa	02:17 PM	7.6	232	Su	02:57 PM	6.6	201	M	03:06 PM	7.2	219	
	07:56 PM	1.9	58		07:36 PM	2.1	64		07:56 PM	3.2	98		08:01 PM	3.1	94	
4	02:06 AM	8.2	250	19	01:39 AM	9.2	280	4	01:53 AM	8.0	244	19	01:59 AM	9.3	283	
	08:35 AM	-0.3	-9		08:27 AM	-1.9	-58		08:48 AM	-0.6	-18		09:05 AM	-2.4	-73	
Sa	03:07 PM	6.9	210	Su	03:09 PM	7.4	226	M	03:40 PM	6.4	195	Tu	04:00 PM	7.0	213	
	08:27 PM	2.4	73		08:18 PM	2.6	79		08:30 PM	3.5	107		08:54 PM	3.3	101	
5	02:33 AM	8.0	244	20	02:19 AM	9.2	280	5	02:23 AM	7.7	235	20	02:51 AM	8.8	268	
	09:11 AM	-0.1	-3		09:16 AM	-1.8	-55		09:26 AM	-0.4	-12		09:58 AM	-1.9	-58	
Su	03:50 PM	6.6	201	M	04:05 PM	7.0	213	Tu	04:25 PM	6.1	186	W	04:57 PM	6.8	207	
	08:57 PM	3.0	91		09:03 PM	3.1	94		09:06 PM	3.8	116		09:54 PM	3.4	104	
6	03:00 AM	7.8	238	21	03:03 AM	8.9	271	6	02:54 AM	7.4	226	21	03:48 AM	8.1	247	
	09:50 AM	0.2	6		10:10 AM	-1.4	-43		10:08 AM	-0.1	-3		10:54 AM	-1.3	-40	
M	04:37 PM	6.2	189	Tu	05:06 PM	6.6	201	W	05:16 PM	5.9	180	Th	05:56 PM	6.7	204	
	09:29 PM	3.5	107		09:55 PM	3.5	107		09:48 PM	4.0	122		11:05 PM	3.4	104	
7	03:29 AM	7.5	229	22	03:55 AM	8.4	256	7	03:31 AM	7.0	213	22	04:54 AM	7.3	223	
	10:34 AM	0.5	15		11:10 AM	-0.9	-27		10:54 AM	0.2	6		11:51 AM	-0.6	-18	
Tu	05:32 PM	5.8	177	W	06:14 PM	6.3	192	Th	06:12 PM	5.7	174	F	06:54 PM	6.8	207	
	10:05 PM	3.9	119		11:00 PM	3.9	119		10:43 PM	4.1	125					
8	04:04 AM	7.1	216	23	04:59 AM	7.7	235	8	04:17 AM	6.5	198	23	12:26 AM	3.1	94	
	11:26 AM	0.9	27		12:16 PM	-0.4	-12		11:45 AM	0.5	15		06:12 AM	6.5	198	
W	06:40 PM	5.5	168	Th	07:25 PM	6.3	192	F	07:09 PM	5.8	177	Sa	12:50 PM	0.1	3	
	10:53 PM	4.2	128						11:54 PM	4.0	122	◐	07:48 PM	6.9	210	
9	04:50 AM	6.7	204	24	12:25 AM	3.9	119	9	05:20 AM	6.0	183	24	01:48 AM	2.5	76	
	12:27 PM	1.1	34		06:20 AM	7.0	213		12:39 PM	0.7	21		07:34 AM	5.9	180	
Th	07:54 PM	5.4	165	F	01:26 PM	0.1	3	Sa	08:00 PM	5.9	180	Su	01:47 PM	0.7	21	
				◐	08:30 PM	6.5	198	◑					08:38 PM	7.2	219	
10	12:07 AM	4.4	134	25	01:58 AM	3.5	107	10	01:15 AM	3.6	110	25	03:01 AM	1.8	55	
	05:58 AM	6.4	195		07:50 AM	6.6	201		06:46 AM	5.7	174		08:53 AM	5.6	171	
F	01:35 PM	1.2	37	Sa	02:33 PM	0.4	12	Su	01:34 PM	0.9	27	M	02:41 PM	1.4	43	
◑	08:57 PM	5.6	171		09:24 PM	6.8	207		08:44 PM	6.3	192		09:22 PM	7.5	229	
11	01:40 AM	4.2	128	26	03:19 AM	2.7	82	11	02:27 AM	2.9	88	26	04:00 AM	1.0	30	
	07:33 AM	6.2	189		09:10 AM	6.4	195		08:16 AM	5.6	171		10:02 AM	5.6	171	
Sa	02:39 PM	1.1	34	Su	03:31 PM	0.7	21	M	02:28 PM	1.1	34	Tu	03:32 PM	1.9	58	
	09:45 PM	6.0	183		10:09 PM	7.2	219		09:22 PM	6.8	207		10:02 PM	7.7	235	
12	03:01 AM	3.6	110	27	04:21 AM	1.7	52	12	03:27 AM	1.9	58	27	04:49 AM	0.3	9	
	08:56 AM	6.3	192		10:17 AM	6.5	198		09:31 AM	5.8	177		11:02 AM	5.7	174	
Su	03:33 PM	0.9	27	M	04:21 PM	1.0	30	Tu	03:19 PM	1.3	40	W	04:18 PM	2.3	70	
	10:23 PM	6.4	195		10:48 PM	7.6	232		09:57 PM	7.3	223		10:40 PM	7.9	241	
13	04:01 AM	2.8	85	28	05:10 AM	0.8	24	13	04:18 AM	0.8	24	28	05:30 AM	-0.3	-9	
	10:01 AM	6.5	198		11:14 AM	6.6	201		10:35 AM	6.2	189		11:54 AM	6.0	183	
M	04:19 PM	0.7	21	Tu	05:04 PM	1.3	40	W	04:07 PM	1.6	49	Th	05:01 PM	2.7	82	
	10:56 PM	7.0	213		11:23 PM	7.9	241		10:32 PM	7.9	241		11:15 PM	8.1	247	
14	04:49 AM	1.8	55	29	05:51 AM	0.1	3	14	05:06 AM	-0.3	-9	29	06:08 AM	-0.7	-21	
	10:56 AM	6.9	210		12:05 PM	6.7	204		11:33 AM	6.6	201		12:41 PM	6.2	189	
Tu	05:01 PM	0.7	21	W	05:42 PM	1.6	49	Th	04:54 PM	1.9	58	F	05:41 PM	3.0	91	
	11:27 PM	7.5	229		11:55 PM	8.1	247		11:08 PM	8.5	259		11:49 PM	8.1	247	
15	05:32 AM	0.7	21	30	06:28 AM	-0.4	-12	15	05:52 AM	-1.3	-40	30	06:43 AM	-0.9	-27	
	11:48 AM	7.2	219		12:51 PM	6.8	207		12:27 PM	7.0	213		01:24 PM	6.3	192	
W	05:40 PM	0.9	27	Th	06:17 PM	2.0	61	F	05:40 PM	2.2	67	Sa	06:19 PM	3.2	98	
	11:57 PM	8.1	247						11:47 PM	9.0	274					
												31	12:22 AM	8.1	247	
													07:19 AM	-1.0	-30	
												Su	02:05 PM	6.4	195	
												○	06:56 PM	3.4	104	

June

	Time	Height			Time	Height		
	h m	ft	cm		h m	ft	cm	
1	12:54 AM	8.1	247	16	12:58 AM	9.5	290	
	07:54 AM	-1.0	-30		08:04 AM	-2.8	-85	
M	02:46 PM	6.4	195	Tu	02:55 PM	7.1	216	
	07:33 PM	3.6	110		07:51 PM	3.0	91	
2	01:27 AM	7.9	241	17	01:51 AM	9.2	280	
	08:30 AM	-1.0	-30		08:53 AM	-2.6	-79	
Tu	03:28 PM	6.3	192	W	03:45 PM	7.1	216	
	08:11 PM	3.7	113		08:48 PM	2.9	88	
3	02:00 AM	7.7	235	18	02:45 AM	8.6	262	
	09:08 AM	-0.8	-24		09:42 AM	-2.1	-64	
W	04:10 PM	6.2	189	Th	04:34 PM	7.1	216	
	08:52 PM	3.7	113		09:49 PM	2.8	85	
4	02:35 AM	7.3	223	19	03:43 AM	7.8	238	
	09:46 AM	-0.6	-18		10:30 AM	-1.3	-40	
Th	04:53 PM	6.1	186	F	05:23 PM	7.1	216	
	09:38 PM	3.7	113		10:55 PM	2.5	76	
5	03:13 AM	6.9	210	20	04:45 AM	6.9	210	
	10:25 AM	-0.4	-12		11:18 AM	-0.5	-15	
F	05:36 PM	6.1	186	Sa	06:12 PM	7.2	219	
	10:31 PM	3.6	110					
6	03:59 AM	6.4	195	21	12:06 AM	2.2	67	
	11:06 AM	0.0	0		05:54 AM	6.0	183	
Sa	06:18 PM	6.2	189	Su	12:06 PM	0.4	12	
	11:34 PM	3.4	104	◐	07:00 PM	7.3	223	
7	04:57 AM	5.9	180	22	01:18 AM	1.8	55	
	11:49 AM	0.4	12		07:10 AM	5.4	165	
Su	06:59 PM	6.4	195	M	12:55 PM	1.3	40	
					07:47 PM	7.4	226	
8	12:42 AM	2.9	88	23	02:27 AM	1.2	37	
	06:12 AM	5.4	165		08:29 AM	5.0	152	
M	12:36 PM	0.9	27	Tu	01:45 PM	2.1	64	
◑	07:38 PM	6.8	207		08:32 PM	7.5	229	
9	01:49 AM	2.1	64	24	03:28 AM	0.7	21	
	07:41 AM	5.2	158		09:42 AM	5.0	152	
Tu	01:27 PM	1.4	43	W	02:38 PM	2.7	82	
	08:18 PM	7.2	219		09:16 PM	7.6	232	
10	02:51 AM	1.1	34	25	04:21 AM	0.2	6	
	09:05 AM	5.3	162		10:47 AM	5.2	158	
W	02:21 PM	1.9	58	Th	03:31 PM	3.2	98	
	08:59 PM	7.8	238		09:59 PM	7.7	235	
11	03:48 AM	0.1	3	26	05:07 AM	-0.2	-6	
	10:17 AM	5.6	171		11:42 AM	5.5	168	
Th	03:17 PM	2.4	73	F	04:23 PM	3.5	107	
	09:43 PM	8.3	253		10:40 PM	7.8	238	
12	04:41 AM	-0.9	-27	27	05:48 AM	-0.5	-15	
	11:21 AM	6.1	186		12:29 PM	5.8	177	
F	04:13 PM	2.8	85	Sa	05:11 PM	3.6	110	
	10:29 PM	8.9	271		11:20 PM	7.9	241	
13	05:33 AM	-1.8	-55	28	06:26 AM	-0.8	-24	
	12:19 PM	6.5	198		01:11 PM	6.0	183	
Sa	05:08 PM	3.0	91	Su	05:55 PM	3.6	110	
	11:17 PM	9.3	283		11:58 PM	8.0	244	
14	06:24 AM	-2.4	-73	29	07:03 AM	-1.0	-30	
	01:13 PM	6.8	207		01:51 PM	6.2	189	
Su	06:02 PM	3.1	94	M	06:36 PM	3.5	107	
				○				
15	12:07 AM	9.5	290	30	12:36 AM	8.0	244	
	07:14 AM	-2.8	-85		07:38 AM	-1.1	-34	
M	02:05 PM	7.0	213	Tu	02:29 PM	6.3	192	
●	06:56 PM	3.1	94		07:17 PM	3.5	107	

2026 NORTH OREGON COAST TIDE TABLES

July

	Time	Height		Time	Height
	h m	ft cm		h m	ft cm
1	01:12 AM	7.9 241	**16**	01:46 AM	8.9 271
	08:13 AM	-1.2 -37		08:35 AM	-2.3 -70
W	03:06 PM	6.4 195	Th	03:17 PM	7.3 223
	07:57 PM	3.3 101		08:39 PM	2.0 61
2	01:48 AM	7.7 235	**17**	02:39 AM	8.3 253
	08:47 AM	-1.1 -34		09:18 AM	-1.7 -52
Th	03:42 PM	6.4 195	F	03:59 PM	7.4 226
	08:39 PM	3.2 98		09:34 PM	1.7 52
3	02:24 AM	7.3 223	**18**	03:33 AM	7.5 229
	09:20 AM	-0.9 -27		09:59 AM	-0.9 -27
F	04:16 PM	6.4 195	Sa	04:40 PM	7.5 229
	09:23 PM	3.0 91		10:32 PM	1.5 46
4	03:04 AM	6.9 210	**19**	04:29 AM	6.6 201
	09:53 AM	-0.6 -18		10:39 AM	0.1 3
Sa	04:49 PM	6.5 198	Su	05:22 PM	7.4 226
	10:12 PM	2.7 82		11:32 PM	1.4 43
5	03:48 AM	6.4 195	**20**	05:31 AM	5.8 177
	10:28 AM	-0.1 -3		11:20 AM	1.0 30
Su	05:22 PM	6.7 204	M	06:05 PM	7.4 226
	11:06 PM	2.4 73			
6	04:43 AM	5.9 180	**21**	12:35 AM	1.2 37
	11:05 AM	0.5 15		06:42 AM	5.2 158
M	05:56 PM	6.9 210	Tu	12:02 PM	2.0 61
			◐	06:50 PM	7.3 223
7	12:06 AM	1.9 58	**22**	01:41 AM	1.1 34
	05:52 AM	5.3 162		08:00 AM	4.8 146
Tu	11:46 AM	1.2 37	W	12:49 PM	2.8 85
◑	06:34 PM	7.2 219		07:39 PM	7.2 219
8	01:10 AM	1.3 40	**23**	02:47 AM	0.8 24
	07:18 AM	5.0 152		09:19 AM	4.8 146
W	12:35 PM	2.0 61	Th	01:46 PM	3.4 104
	07:19 PM	7.6 232		08:30 PM	7.2 219
9	02:17 AM	0.5 15	**24**	03:48 AM	0.5 15
	08:48 AM	5.0 152		10:29 AM	5.0 152
Th	01:32 PM	2.7 82	F	02:51 PM	3.8 116
	08:10 PM	8.0 244		09:23 PM	7.3 223
10	03:22 AM	-0.3 -9	**25**	04:41 AM	0.2 6
	10:06 AM	5.3 162		11:25 AM	5.4 165
F	02:37 PM	3.2 98	Sa	03:55 PM	3.8 116
	09:06 PM	8.4 256		10:13 PM	7.5 229
11	04:23 AM	-1.1 -34	**26**	05:26 AM	-0.2 -6
	11:13 AM	5.8 177		12:10 PM	5.7 174
Sa	03:45 PM	3.4 104	Su	04:50 PM	3.7 113
	10:04 PM	8.8 268		10:59 PM	7.7 235
12	05:20 AM	-1.8 -55	**27**	06:06 AM	-0.6 -18
	12:10 PM	6.2 189		12:49 PM	6.0 183
Su	04:50 PM	3.4 104	M	05:39 PM	3.5 107
	11:02 PM	9.2 280		11:42 PM	7.8 238
13	06:13 AM	-2.3 -70	**28**	06:42 AM	-0.9 -27
	01:02 PM	6.6 201		01:25 PM	6.2 189
M	05:51 PM	3.1 94	Tu	06:22 PM	3.2 98
	11:58 PM	9.4 287			
14	07:03 AM	-2.6 -79	**29**	12:22 AM	7.9 241
	01:49 PM	6.9 210		07:16 AM	-1.1 -34
Tu	06:49 PM	2.8 85	W	01:58 PM	6.4 195
●			○	07:02 PM	2.9 88
15	12:52 AM	9.3 283	**30**	01:01 AM	7.8 238
	07:50 AM	-2.6 -79		07:48 AM	-1.1 -34
W	02:33 PM	7.2 219	Th	02:30 PM	6.6 201
	07:44 PM	2.4 73		07:42 PM	2.5 76
			31	01:38 AM	7.7 235
				08:18 AM	-1.0 -30
			F	03:00 PM	6.8 207
				08:22 PM	2.2 67

August

	Time	Height		Time	Height
	h m	ft cm		h m	ft cm
1	02:16 AM	7.4 226	**16**	03:20 AM	7.3 223
	08:49 AM	-0.7 -21		09:22 AM	0.1 3
Sa	03:29 PM	6.9 210	Su	03:51 PM	7.7 235
	09:03 PM	1.8 55		10:00 PM	0.6 18
2	02:57 AM	7.0 213	**17**	04:11 AM	6.5 198
	09:20 AM	-0.2 -6		09:57 AM	1.0 30
Su	03:56 PM	7.1 216	M	04:27 PM	7.6 232
	09:47 PM	1.5 46		10:50 PM	0.7 21
3	03:42 AM	6.5 198	**18**	05:07 AM	5.8 177
	09:52 AM	0.4 12		10:33 AM	1.9 58
M	04:25 PM	7.2 219	Tu	05:05 PM	7.3 223
	10:37 PM	1.2 37		11:45 PM	0.9 27
4	04:35 AM	5.9 180	**19**	06:12 AM	5.2 158
	10:26 AM	1.2 37		11:11 AM	2.8 85
Tu	04:58 PM	7.4 226	W	05:47 PM	7.1 216
	11:33 PM	0.9 27			
5	05:42 AM	5.4 165	**20**	12:47 AM	1.1 34
	11:06 AM	2.0 61		07:29 AM	4.9 149
W	05:39 PM	7.6 232	Th	11:58 AM	3.4 104
			◐	06:39 PM	6.9 210
6	12:38 AM	0.6 18	**21**	01:58 AM	1.1 34
	07:08 AM	5.0 152		08:53 AM	4.9 149
Th	11:55 AM	2.8 85	F	01:01 PM	3.9 119
◑	06:30 PM	7.8 238		07:43 PM	6.8 207
7	01:49 AM	0.2 6	**22**	03:09 AM	0.9 27
	08:41 AM	5.0 152		10:06 AM	5.1 155
F	12:59 PM	3.4 104	Sa	02:22 PM	4.1 125
	07:35 PM	7.9 241		08:50 PM	6.9 210
8	03:03 AM	-0.3 -9	**23**	04:09 AM	0.6 18
	10:01 AM	5.3 162		10:59 AM	5.4 165
Sa	02:18 PM	3.7 113	Su	03:38 PM	3.9 119
	08:47 PM	8.2 250		09:50 PM	7.1 216
9	04:11 AM	-0.9 -27	**24**	04:57 AM	0.2 6
	11:05 AM	5.8 177		11:40 AM	5.8 177
Su	03:39 PM	3.6 110	M	04:36 PM	3.6 110
	09:56 PM	8.5 259		10:41 PM	7.3 223
10	05:10 AM	-1.5 -46	**25**	05:37 AM	-0.2 -6
	11:56 AM	6.3 192		12:14 PM	6.2 189
M	04:49 PM	3.2 98	Tu	05:24 PM	3.0 91
	10:59 PM	8.8 268		11:26 PM	7.6 232
11	06:01 AM	-1.9 -58	**26**	06:11 AM	-0.5 -15
	12:41 PM	6.8 207		12:46 PM	6.5 198
Tu	05:50 PM	2.6 79	W	06:05 PM	2.5 76
	11:56 PM	8.9 271			
12	06:47 AM	-2.0 -61	**27**	12:08 AM	7.7 235
	01:22 PM	7.2 219		06:43 AM	-0.7 -21
W	06:44 PM	1.9 58	Th	01:16 PM	6.8 207
●				06:44 PM	1.9 58
13	12:49 AM	8.8 268	**28**	12:48 AM	7.7 235
	07:29 AM	-1.8 -55		07:14 AM	-0.6 -18
Th	02:01 PM	7.5 229	F	01:44 PM	7.1 216
	07:35 PM	1.3 40	○	07:22 PM	1.4 43
14	01:40 AM	8.5 259	**29**	01:27 AM	7.6 232
	08:09 AM	-1.4 -43		07:44 AM	-0.4 -12
F	02:39 PM	7.7 235	Sa	02:11 PM	7.4 226
	08:23 PM	0.9 27		08:00 PM	0.9 27
15	02:30 AM	7.9 241	**30**	02:08 AM	7.4 226
	08:46 AM	-0.7 -21		08:15 AM	0.0 0
Sa	03:15 PM	7.8 238	Su	02:37 PM	7.6 232
	09:11 PM	0.7 21		08:40 PM	0.5 15
			31	02:51 AM	7.1 216
				08:46 AM	0.6 18
			M	03:04 PM	7.8 238
				09:23 PM	0.2 6

September

	Time	Height		Time	Height
	h m	ft cm		h m	ft cm
1	03:39 AM	6.7 204	**16**	04:45 AM	6.0 183
	09:19 AM	1.4 43		09:50 AM	2.9 88
Tu	03:35 PM	7.9 241	W	04:03 PM	7.4 226
	10:11 PM	0.1 3		10:58 PM	0.6 18
2	04:34 AM	6.1 186	**17**	05:45 AM	5.5 168
	09:55 AM	2.2 67		10:27 AM	3.5 107
W	04:11 PM	7.9 241	Th	04:41 PM	7.0 213
	11:07 PM	0.1 3		11:55 PM	1.0 30
3	05:43 AM	5.6 171	**18**	06:59 AM	5.2 158
	10:37 AM	2.9 88		11:15 AM	4.0 122
Th	04:56 PM	7.9 241	F	05:33 PM	6.7 204
			◐		
4	12:13 AM	0.1 3	**19**	01:04 AM	1.3 40
	07:09 AM	5.3 162		08:21 AM	5.2 158
F	11:33 AM	3.6 110	Sa	12:30 PM	4.3 131
◑	05:57 PM	7.7 235		06:49 PM	6.4 195
5	01:30 AM	0.1 3	**20**	02:19 AM	1.2 37
	08:38 AM	5.4 165		09:30 AM	5.4 165
Sa	12:52 PM	3.9 119	Su	02:04 PM	4.3 131
	07:18 PM	7.6 232		08:14 PM	6.4 195
6	02:48 AM	-0.2 -6	**21**	03:23 AM	1.0 30
	09:52 AM	5.7 174		10:20 AM	5.8 177
Su	02:26 PM	3.9 119	M	03:23 PM	3.9 119
	08:43 PM	7.7 235		09:22 PM	6.6 201
7	03:57 AM	-0.5 -15	**22**	04:14 AM	0.7 21
	10:47 AM	6.2 189		10:57 AM	6.2 189
M	03:49 PM	3.3 101	Tu	04:19 PM	3.2 98
	09:57 PM	7.9 241		10:18 PM	6.9 210
8	04:53 AM	-0.9 -27	**23**	04:54 AM	0.4 12
	11:32 AM	6.7 204		11:29 AM	6.6 201
Tu	04:54 PM	2.5 76	W	05:04 PM	2.4 73
	10:59 PM	8.2 250		11:06 PM	7.2 219
9	05:41 AM	-1.0 -30	**24**	05:29 AM	0.2 6
	12:11 PM	7.2 219		11:58 AM	7.0 213
W	05:48 PM	1.7 52	Th	05:43 PM	1.6 49
	11:54 PM	8.3 253		11:50 PM	7.4 226
10	06:23 AM	-0.9 -27	**25**	06:02 AM	0.2 6
	12:48 PM	7.6 232		12:26 PM	7.5 229
Th	06:36 PM	0.9 27	F	06:21 PM	0.8 24
11	12:45 AM	8.2 250	**26**	12:33 AM	7.6 232
	07:01 AM	-0.6 -18		06:35 AM	0.3 9
F	01:23 PM	8.0 244	Sa	12:53 PM	7.9 241
●	07:21 PM	0.3 9	○	06:59 PM	0.1 3
12	01:33 AM	8.0 244	**27**	01:16 AM	7.6 232
	07:37 AM	-0.1 -3		07:07 AM	0.7 21
Sa	01:56 PM	8.1 247	Su	01:20 PM	8.2 250
	08:03 PM	-0.1 -3		07:37 PM	-0.4 -12
13	02:19 AM	7.6 232	**28**	02:00 AM	7.5 229
	08:11 AM	0.6 18		07:40 AM	1.2 37
Su	02:28 PM	8.1 247	M	01:49 PM	8.5 259
	08:44 PM	-0.2 -6		08:18 PM	-0.8 -24
14	03:06 AM	7.1 216	**29**	02:47 AM	7.3 223
	08:44 AM	1.3 40		08:14 AM	1.8 55
M	03:00 PM	8.0 244	Tu	02:20 PM	8.6 262
	09:26 PM	-0.1 -3		09:02 PM	-0.9 -27
15	03:53 AM	6.5 198	**30**	03:38 AM	6.9 210
	09:17 AM	2.1 64		08:51 AM	2.5 76
Tu	03:31 PM	7.7 235	W	02:56 PM	8.6 262
	10:09 PM	0.3 9		09:52 PM	-0.8 -24

2026 NORTH OREGON COAST TIDE TABLES

October

	Time	Height			Time	Height
	h m	ft	cm		h m	ft	cm
1	04:37 AM	6.4	195	**16**	05:24 AM	5.9	180
	09:32 AM	3.2	98		09:55 AM	4.1	125
Th	03:37 PM	8.4	256	F	03:49 PM	7.2	219
	10:49 PM	-0.5	-15		11:12 PM	0.9	27
2	05:47 AM	6.0	183	**17**	06:30 AM	5.7	174
	10:23 AM	3.7	113		10:48 AM	4.4	134
F	04:30 PM	8.0	244	Sa	04:37 PM	6.7	204
	11:56 PM	-0.2	-6				
3	07:08 AM	5.8	177	**18**	12:13 AM	1.2	37
	11:34 AM	4.1	125		07:41 AM	5.7	174
Sa	05:41 PM	7.5	229	Su	12:07 PM	4.6	140
◑				◐	05:49 PM	6.3	192
4	01:12 AM	0.1	3	**19**	01:19 AM	1.3	40
	08:26 AM	6.0	183		08:42 AM	5.9	180
Su	01:09 PM	4.1	125	M	01:41 PM	4.3	131
	07:15 PM	7.2	219		07:26 PM	6.0	183
5	02:27 AM	0.1	3	**20**	02:21 AM	1.3	40
	09:28 AM	6.4	195		09:28 AM	6.2	189
M	02:44 PM	3.6	110	Tu	02:57 PM	3.7	113
	08:44 PM	7.2	219		08:46 PM	6.1	186
6	03:33 AM	0.1	3	**21**	03:14 AM	1.2	37
	10:17 AM	6.9	210		10:04 AM	6.7	204
Tu	03:57 PM	2.7	82	W	03:52 PM	2.8	85
	09:56 PM	7.3	223		09:49 PM	6.4	195
7	04:26 AM	0.1	3	**22**	03:58 AM	1.1	34
	10:58 AM	7.4	226		10:36 AM	7.2	219
W	04:54 PM	1.7	52	Th	04:36 PM	1.9	58
	10:57 PM	7.5	229		10:43 PM	6.7	204
8	05:12 AM	0.2	6	**23**	04:39 AM	1.2	37
	11:35 AM	7.9	241		11:06 AM	7.7	235
Th	05:42 PM	0.8	24	F	05:17 PM	0.9	27
	11:50 PM	7.6	232		11:32 PM	7.1	216
9	05:52 AM	0.5	15	**24**	05:16 AM	1.4	43
	12:10 PM	8.2	250		11:35 AM	8.2	250
F	06:24 PM	0.0	0	Sa	05:56 PM	-0.1	-3
10	12:39 AM	7.6	232	**25**	12:19 AM	7.4	226
	06:28 AM	0.9	27		05:54 AM	1.6	49
Sa	12:42 PM	8.5	259	Su	12:04 PM	8.7	265
●	07:04 PM	-0.5	-15		06:36 PM	-0.8	-24
11	01:25 AM	7.5	229	**26**	01:06 AM	7.6	232
	07:03 AM	1.5	46		06:31 AM	2.0	61
Su	01:13 PM	8.5	259	M	12:36 PM	9.1	277
	07:41 PM	-0.7	-21	○	07:17 PM	-1.4	-43
12	02:09 AM	7.3	223	**27**	01:54 AM	7.6	232
	07:36 AM	2.0	61		07:09 AM	2.5	76
M	01:44 PM	8.5	259	Tu	01:10 PM	9.3	283
	08:18 PM	-0.6	-18		08:01 PM	-1.7	-52
13	02:53 AM	7.0	213	**28**	02:44 AM	7.4	226
	08:08 AM	2.6	79		07:49 AM	3.0	91
Tu	02:13 PM	8.3	253	W	01:49 PM	9.4	287
	08:56 PM	-0.4	-12		08:48 PM	-1.6	-49
14	03:38 AM	6.7	204	**29**	03:38 AM	7.2	219
	08:41 AM	3.2	98		08:32 AM	3.4	104
W	02:42 PM	8.0	244	Th	02:31 PM	9.2	280
	09:36 PM	0.0	0		09:40 PM	-1.4	-43
15	04:27 AM	6.3	192	**30**	04:37 AM	6.9	210
	09:15 AM	3.7	113		09:22 AM	3.8	116
Th	03:13 PM	7.6	232	F	03:20 PM	8.7	265
	10:20 PM	0.4	12		10:37 PM	-0.9	-27
				31	05:43 AM	6.6	201
					10:25 AM	4.1	125
				Sa	04:20 PM	8.1	247
					11:40 PM	-0.3	-9

November

	Time	Height			Time	Height
	h m	ft	cm		h m	ft	cm
1	05:51 AM	6.6	201	**16**	05:51 AM	6.3	192
	10:47 AM	4.2	128		10:43 AM	4.5	137
Su	04:38 PM	7.4	226	M	04:03 PM	6.3	192
◑	11:48 PM	0.2	6		11:19 PM	1.2	37
2	06:56 AM	6.8	207	**17**	06:42 AM	6.4	195
	12:21 PM	3.8	116		12:03 PM	4.1	125
M	06:11 PM	6.8	207	Tu	05:28 PM	5.9	180
				◐			
3	12:55 AM	0.6	18	**18**	12:12 AM	1.5	46
	07:52 AM	7.2	219		07:25 AM	6.8	207
Tu	01:46 PM	3.0	91	W	01:15 PM	3.4	104
	07:37 PM	6.6	201		06:59 PM	5.8	177
4	01:56 AM	0.9	27	**19**	01:04 AM	1.8	55
	08:38 AM	7.6	232		08:02 AM	7.2	219
W	02:53 PM	2.0	61	Th	02:14 PM	2.5	76
	08:49 PM	6.7	204		08:15 PM	5.9	180
5	02:49 AM	1.3	40	**20**	01:55 AM	2.0	61
	09:19 AM	8.1	247		08:37 AM	7.7	235
Th	03:45 PM	1.0	30	F	03:03 PM	1.4	43
	09:51 PM	6.8	207		09:18 PM	6.3	192
6	03:35 AM	1.7	52	**21**	02:43 AM	2.3	70
	09:56 AM	8.4	256		09:11 AM	8.3	253
F	04:30 PM	0.2	6	Sa	03:48 PM	0.4	12
	10:45 PM	7.0	213		10:15 PM	6.8	207
7	04:16 AM	2.1	64	**22**	03:29 AM	2.6	79
	10:31 AM	8.7	265		09:46 AM	8.9	271
Sa	05:09 PM	-0.4	-12	Su	04:32 PM	-0.6	-18
	11:33 PM	7.1	216		11:07 PM	7.2	219
8	04:54 AM	2.5	76	**23**	04:14 AM	2.9	88
	11:04 AM	8.8	268		10:23 AM	9.4	287
Su	05:46 PM	-0.7	-21	M	05:16 PM	-1.4	-43
					11:58 PM	7.5	229
9	12:18 AM	7.2	219	**24**	04:59 AM	3.2	98
	05:30 AM	2.9	88		11:03 AM	9.8	299
M	11:36 AM	8.8	268	Tu	06:02 PM	-1.9	-58
●	06:22 PM	-0.8	-24	○			
10	01:01 AM	7.1	216	**25**	12:49 AM	7.6	232
	06:05 AM	3.3	101		05:45 AM	3.4	104
Tu	12:07 PM	8.7	265	W	11:45 AM	10.0	305
	06:57 PM	-0.7	-21		06:49 PM	-2.1	-64
11	01:43 AM	7.0	213	**26**	01:40 AM	7.6	232
	06:40 AM	3.6	110		06:32 AM	3.6	110
W	12:37 PM	8.5	259	Th	12:31 PM	9.9	302
	07:34 PM	-0.5	-15		07:38 PM	-2.0	-61
12	02:26 AM	6.8	207	**27**	02:32 AM	7.5	229
	07:15 AM	4.0	122		07:23 AM	3.8	116
Th	01:08 PM	8.2	250	F	01:21 PM	9.6	293
	08:12 PM	-0.2	-6		08:29 PM	-1.6	-49
13	03:12 AM	6.6	201	**28**	03:27 AM	7.4	226
	07:52 AM	4.2	128		08:21 AM	3.9	119
F	01:41 PM	7.8	238	Sa	02:16 PM	8.9	271
	08:53 PM	0.2	6		09:22 PM	-1.1	-34
14	04:02 AM	6.4	195	**29**	04:23 AM	7.3	223
	08:36 AM	4.4	134		09:28 AM	3.8	116
Sa	02:17 PM	7.4	226	Su	03:19 PM	8.1	247
	09:38 PM	0.5	15		10:17 PM	-0.3	-9
15	04:56 AM	6.2	189	**30**	05:19 AM	7.4	226
	09:31 AM	4.5	137		10:46 AM	3.6	110
Su	03:02 PM	6.9	210	M	04:33 PM	7.2	219
	10:27 PM	0.9	27		11:14 PM	0.4	12

December

	Time	Height			Time	Height
	h m	ft	cm		h m	ft	cm
1	06:14 AM	7.5	229	**16**	05:33 AM	7.0	213
	12:10 PM	3.1	94		11:18 AM	3.6	110
Tu	05:58 PM	6.5	198	W	04:44 PM	6.0	183
◑					11:08 PM	1.7	52
2	12:12 AM	1.2	37	**17**	06:12 AM	7.3	223
	07:06 AM	7.8	238		12:24 PM	2.9	88
W	01:28 PM	2.3	70	Th	06:12 PM	5.6	171
	07:22 PM	6.1	186	◐	11:56 PM	2.3	70
3	01:08 AM	1.9	58	**18**	06:52 AM	7.7	235
	07:54 AM	8.1	247		01:28 PM	2.1	64
Th	02:34 PM	1.5	46	F	07:41 PM	5.7	174
	08:37 PM	6.1	186				
4	02:03 AM	2.5	76	**19**	12:49 AM	2.9	88
	08:37 AM	8.4	256		07:34 AM	8.2	250
F	03:28 PM	0.8	24	Sa	02:26 PM	1.1	34
	09:43 PM	6.3	192		08:57 PM	6.0	183
5	02:54 AM	3.0	91	**20**	01:47 AM	3.3	101
	09:18 AM	8.7	265		08:18 AM	8.7	265
Sa	04:13 PM	0.2	6	Su	03:20 PM	0.2	6
	10:39 PM	6.5	198		10:01 PM	6.4	195
6	03:41 AM	3.4	104	**21**	02:45 AM	3.7	113
	09:56 AM	8.8	268		09:04 AM	9.3	283
Su	04:54 PM	-0.2	-6	M	04:12 PM	-0.7	-21
	11:27 PM	6.8	207		10:58 PM	6.9	210
7	04:24 AM	3.7	113	**22**	03:42 AM	3.8	116
	10:33 AM	8.9	271		09:53 AM	9.8	299
M	05:31 PM	-0.5	-15	Tu	05:02 PM	-1.5	-46
					11:51 PM	7.3	223
8	12:11 AM	7.0	213	**23**	04:37 AM	3.9	119
	05:05 AM	3.9	119		10:43 AM	10.1	308
Tu	11:08 AM	8.9	271	W	05:51 PM	-2.0	-61
	06:07 PM	-0.6	-18				
9	12:52 AM	7.1	216	**24**	12:40 AM	7.6	232
	05:43 AM	4.1	125		05:31 AM	3.8	116
W	11:43 AM	8.8	268	Th	11:33 AM	10.3	314
●	06:42 PM	-0.6	-18	○	06:39 PM	-2.2	-67
10	01:32 AM	7.1	216	**25**	01:29 AM	7.8	238
	06:21 AM	4.1	125		06:24 AM	3.6	110
Th	12:16 PM	8.7	265	F	12:25 PM	10.1	308
	07:18 PM	-0.5	-15		07:27 PM	-2.1	-64
11	02:12 AM	7.0	213	**26**	02:16 AM	7.9	241
	06:59 AM	4.2	128		07:20 AM	3.4	104
F	12:50 PM	8.4	256	Sa	01:19 PM	9.7	296
	07:54 PM	-0.3	-9		08:14 PM	-1.6	-49
12	02:53 AM	6.9	210	**27**	03:03 AM	7.9	241
	07:39 AM	4.2	128		08:18 AM	3.2	98
Sa	01:25 PM	8.1	247	Su	02:14 PM	8.9	271
	08:30 PM	-0.1	-3		09:01 PM	-0.9	-27
13	03:33 AM	6.8	207	**28**	03:50 AM	8.0	244
	08:23 AM	4.2	128		09:20 AM	3.0	91
Su	02:01 PM	7.6	232	M	03:14 PM	8.0	244
	09:07 PM	0.2	6		09:47 PM	-0.1	-3
14	04:14 AM	6.8	207	**29**	04:37 AM	8.0	244
	09:14 AM	4.2	128		10:28 AM	2.7	82
M	02:43 PM	7.1	216	Tu	04:21 PM	7.0	213
	09:45 PM	0.6	18		10:34 PM	0.9	27
15	04:54 AM	6.9	210	**30**	05:25 AM	8.1	247
	10:12 AM	4.0	122		11:41 AM	2.3	70
Tu	03:35 PM	6.5	198	W	05:37 PM	6.2	189
	10:24 PM	1.1	34	◑	11:23 PM	1.9	58
				31	06:14 AM	8.1	247
					12:54 PM	1.9	58
				Th	06:58 PM	5.7	174