US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 1769

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:24	5.6	8:21	3.7			1:37	0.9	7:33	5:09	
2	Mon	7:07	5.8	9:29	4.0	12:40	2.7	2:27	0.5	7:33	5:10	
3	Tue	7:49	5.9	10:20	4.2	1:38	3.0	3:09	0.2	7:33	5:11	
4	Wed	8:31	6.0	11:00	4.4	2:30	3.1	3:48	-0.1	7:33	5:11	
5	Thu	9:12	6.1	11:35	4.6	3:15	3.1	4:23	-0.4	7:33	5:12	
6	Fri	9:52	6.2			3:56	3.1	4:56	-0.6	7:33	5:13	
7	Sat	12:07	4.7	10:31 AM	6.3	4:35	3.0	5:29	-0.7	7:33	5:14	
8	Sun	12:38	4.8	11:10 AM	6.2	5:13	2.9	6:01	-0.8	7:33	5:15	
9	Mon	1:09	4.9	11:50 AM	6.1	5:52	2.7	6:34	-0.7	7:32	5:16	
10	Tue	1:40	5.1	12:32	5.8	6:35	2.5	7:08	-0.5	7:32	5:17	
11	Wed	2:12	5.2	1:18	5.5	7:23	2.3	7:44	-0.2	7:32	5:18	
12	Thu	2:46	5.4	2:11	5.0	8:17	2.0	8:23	0.4	7:32	5:19	
13	Fri	3:23	5.6	3:15	4.4	9:20	1.7	9:06	1.0	7:31	5:20	
14	Sat	4:04	5.8	4:38	3.9	10:31	1.4	9:56	1.7	7:31	5:21	
15	Sun	4:52	6.0	6:19	3.7	11:47	0.9	10:57	2.3	7:31	5:22	
16	Mon	5:45	6.2	7:57	3.9			12:59	0.3	7:30	5:23	
17	Tue	6:43	6.4	9:12	4.3	12:08	2.7	2:02	-0.2	7:30	5:24	
18	Wed	7:42	6.6	10:09	4.6	1:21	2.9	2:58	-0.7	7:30	5:25	
19	Thu	8:39	6.8	10:56	4.9	2:28	2.9	3:48	-1.0	7:29	5:26	
20	Fri	9:33	6.8	11:39	5.1	3:27	2.7	4:34	-1.2	7:29	5:27	
21	Sat	10:24	6.8			4:21	2.5	5:16	-1.2	7:28	5:29	
22	Sun	12:18	5.3	11:13 AM	6.5	5:13	2.3	5:56	-1.0	7:28	5:30	
23	Mon	12:55	5.4	12:00	6.2	6:02	2.1	6:34	-0.7	7:27	5:31	
24	Tue	1:31	5.5	12:46	5.7	6:51	1.9	7:10	-0.2	7:26	5:32	
25	Wed	2:05	5.5	1:33	5.2	7:41	1.8	7:46	0.4	7:26	5:33	
26	Thu	2:39	5.5	2:24	4.6	8:33	1.7	8:22	1.0	7:25	5:34	
27	Fri	3:13	5.5	3:22	4.1	9:30	1.6	9:00	1.6	7:24	5:35	
28	Sat	3:49	5.5	4:37	3.6	10:33	1.5	9:44	2.2	7:23	5:36	
29	Sun	4:31	5.5	6:19	3.5	11:42	1.3	10:41	2.8	7:23	5:37	
30	Mon	5:19	5.4	8:05	3.6			12:49	1.0	7:22	5:38	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	**6:13**	5.5	**9:13**	3.9			**1:48**	0.7	7:21	5:40	