US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 1790

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:20	4.9	11:00 AM	6.6	4:56	2.7	5:49	-1.1	7:32	5:09	
2	Sat	12:58	5.1	11:45 AM	6.5	5:42	2.6	6:28	-1.1	7:33	5:10	
3	Sun	1:37	5.2	12:32	6.3	6:31	2.4	7:09	-0.9	7:33	5:10	
4	Mon	2:16	5.4	1:23	5.9	7:25	2.2	7:52	-0.5	7:33	5:11	
5	Tue	2:58	5.6	2:20	5.3	8:25	2.0	8:37	0.0	7:33	5:12	
6	Wed	3:42	5.7	3:27	4.7	9:34	1.7	9:26	0.6	7:33	5:13	
7	Thu	4:30	5.9	4:47	4.2	10:49	1.4	10:21	1.3	7:33	5:14	
8	Fri	5:22	6.1	6:20	4.0			12:06	0.9	7:32	5:15	
9	Sat	6:16	6.3	7:52	4.1			1:15	0.4	7:32	5:16	
10	Sun	7:11	6.4	9:07	4.3	12:33	2.3	2:16	-0.1	7:32	5:17	
11	Mon	8:04	6.5	10:06	4.6	1:40	2.5	3:08	-0.4	7:32	5:18	
12	Tue	8:55	6.6	10:56	4.9	2:41	2.6	3:55	-0.7	7:32	5:19	
13	Wed	9:42	6.6	11:39	5.1	3:35	2.6	4:37	-0.8	7:31	5:20	
14	Thu	10:27	6.5			4:25	2.6	5:16	-0.8	7:31	5:21	
15	Fri	12:19	5.1	11:09 AM	6.3	5:11	2.5	5:52	-0.7	7:31	5:22	
16	Sat	12:55	5.2	11:50 AM	6.0	5:55	2.4	6:27	-0.5	7:30	5:23	
17	Sun	1:28	5.2	12:29	5.7	6:38	2.3	7:01	-0.2	7:30	5:24	
18	Mon	2:00	5.2	1:09	5.3	7:22	2.3	7:34	0.2	7:30	5:25	
19	Tue	2:31	5.2	1:52	4.8	8:08	2.2	8:08	0.6	7:29	5:26	
20	Wed	3:03	5.2	2:39	4.3	8:59	2.1	8:43	1.1	7:29	5:27	
21	Thu	3:37	5.3	3:38	3.9	9:57	2.0	9:23	1.7	7:28	5:28	
22	Fri	4:16	5.3	4:56	3.6	11:03	1.8	10:10	2.2	7:28	5:29	
23	Sat	5:01	5.4	6:34	3.5			12:11	1.5	7:27	5:31	
24	Sun	5:51	5.5	8:05	3.7			1:12	1.1	7:26	5:32	
25	Mon	6:43	5.7	9:09	4.0	12:19	2.8	2:04	0.6	7:26	5:33	
26	Tue	7:35	5.9	9:56	4.3	1:23	2.9	2:49	0.1	7:25	5:34	
27	Wed	8:25	6.1	10:35	4.6	2:19	2.9	3:30	-0.3	7:24	5:35	
28	Thu	9:13	6.4	11:12	4.8	3:08	2.7	4:09	-0.7	7:23	5:36	
29	Fri	10:01	6.5	11:47	5.1	3:55	2.5	4:48	-0.9	7:23	5:37	
30	Sat	10:48	6.6			4:41	2.2	5:26	-1.0	7:22	5:38	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	**12:23**	5.3	**11:37 AM**	6.5	**5:28**	1.9	**6:06**	-0.9	7:21	5:39	◯