US HARBORS www.USHarbors.com

Alcatraz Island, CA - Dec 1790

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:09	5.9	7:55	4.3	12:13	1.2	1:40	0.8	7:14	4:58	
2	Thu	7:53	6.3	9:06	4.5	1:10	1.5	2:32	0.0	7:15	4:58	
3	Fri	8:37	6.7	10:09	4.8	2:05	1.8	3:22	-0.6	7:16	4:58	
4	Sat	9:22	6.9	11:07	5.0	2:58	2.1	4:10	-1.1	7:17	4:57	
5	Sun	10:08	7.1			3:50	2.3	4:57	-1.4	7:18	4:57	
6	Mon	12:00	5.2	10:54 AM	7.1	4:42	2.4	5:44	-1.5	7:19	4:57	
7	Tue	12:51	5.3	11:42 AM	6.9	5:35	2.5	6:31	-1.4	7:19	4:57	
8	Wed	1:41	5.3	12:31	6.5	6:31	2.6	7:17	-1.1	7:20	4:57	
9	Thu	2:30	5.3	1:21	6.0	7:29	2.6	8:05	-0.7	7:21	4:58	
10	Fri	3:19	5.3	2:15	5.4	8:33	2.6	8:53	-0.2	7:22	4:58	
11	Sat	4:08	5.3	3:14	4.8	9:45	2.5	9:43	0.3	7:23	4:58	
12	Sun	4:57	5.3	4:22	4.3	11:00	2.3	10:36	0.9	7:23	4:58	
13	Mon	5:45	5.4	5:43	3.9			12:11	1.9	7:24	4:58	
14	Tue	6:30	5.5	7:09	3.8			1:13	1.5	7:25	4:59	
15	Wed	7:11	5.6	8:27	3.9	12:27	1.9	2:06	1.0	7:25	4:59	
16	Thu	7:49	5.8	9:29	4.1	1:20	2.2	2:51	0.6	7:26	4:59	
17	Fri	8:26	5.9	10:20	4.3	2:10	2.5	3:30	0.2	7:27	5:00	
18	Sat	9:01	6.0	11:04	4.5	2:54	2.7	4:05	-0.1	7:27	5:00	
19	Sun	9:37	6.1	11:43	4.6	3:36	2.8	4:38	-0.3	7:28	5:00	
20	Mon	10:12	6.2			4:15	2.9	5:11	-0.5	7:28	5:01	
21	Tue	12:19	4.7	10:49 AM	6.2	4:52	2.9	5:43	-0.6	7:29	5:01	
22	Wed	12:55	4.8	11:26 AM	6.1	5:31	2.9	6:16	-0.7	7:29	5:02	
23	Thu	1:30	4.9	12:05	6.0	6:11	2.8	6:50	-0.6	7:30	5:02	
24	Fri	2:06	5.0	12:47	5.7	6:55	2.8	7:27	-0.5	7:30	5:03	
25	Sat	2:43	5.1	1:33	5.4	7:45	2.6	8:07	-0.2	7:31	5:04	
26	Sun	3:23	5.2	2:26	5.0	8:43	2.5	8:51	0.2	7:31	5:04	
27	Mon	4:05	5.4	3:31	4.5	9:51	2.2	9:39	0.7	7:31	5:05	
28	Tue	4:50	5.6	4:53	4.1	11:05	1.7	10:34	1.2	7:32	5:06	
29	Wed	5:38	5.9	6:26	3.9			12:17	1.1	7:32	5:06	
30	Thu	6:29	6.2	7:56	4.0			1:22	0.5	7:32	5:07	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	**7:20**	6.5	**9:06**	4.4	**12:40**	2.1	**2:19**	-0.2	7:32	5:08	