US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 1796

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:24	5.4	4:54	4.1	11:32	2.2	11:04	1.1	7:32	5:08	
2	Sat	6:10	5.5	6:22	3.8			12:41	1.7	7:32	5:09	
3	Sun	6:53	5.6	7:51	3.8			1:40	1.2	7:33	5:10	
4	Mon	7:32	5.7	9:06	4.0	12:54	2.1	2:30	0.8	7:33	5:11	
5	Tue	8:09	5.9	10:05	4.2	1:46	2.5	3:12	0.3	7:33	5:12	
6	Wed	8:44	6.0	10:53	4.4	2:34	2.8	3:50	0.0	7:33	5:13	
7	Thu	9:19	6.1	11:34	4.6	3:18	2.9	4:25	-0.2	7:33	5:14	
8	Fri	9:55	6.2			3:58	3.1	4:59	-0.4	7:33	5:15	
9	Sat	12:11	4.7	10:31 AM	6.2	4:36	3.1	5:31	-0.6	7:32	5:15	
10	Sun	12:45	4.7	11:07 AM	6.2	5:13	3.1	6:04	-0.7	7:32	5:16	
11	Mon	1:19	4.8	11:45 AM	6.1	5:49	3.1	6:37	-0.7	7:32	5:17	
12	Tue	1:52	4.8	12:23	5.9	6:29	3.0	7:13	-0.7	7:32	5:18	
13	Wed	2:27	4.9	1:04	5.7	7:13	2.9	7:50	-0.5	7:32	5:19	
14	Thu	3:03	5.0	1:51	5.3	8:03	2.7	8:30	-0.1	7:31	5:20	
15	Fri	3:41	5.1	2:46	4.8	9:03	2.5	9:14	0.3	7:31	5:21	
16	Sat	4:22	5.3	3:57	4.3	10:13	2.1	10:03	0.9	7:31	5:23	
17	Sun	5:06	5.6	5:28	4.0	11:28	1.6	10:58	1.5	7:30	5:24	
18	Mon	5:53	5.9	7:07	3.9			12:40	1.0	7:30	5:25	
19	Tue	6:44	6.2	8:35	4.1	12:01	2.1	1:44	0.3	7:29	5:26	
20	Wed	7:35	6.5	9:45	4.5	1:06	2.5	2:41	-0.4	7:29	5:27	
21	Thu	8:27	6.8	10:41	4.8	2:09	2.7	3:33	-0.9	7:28	5:28	
22	Fri	9:19	6.9	11:30	5.1	3:08	2.7	4:21	-1.3	7:28	5:29	
23	Sat	10:10	7.0			4:04	2.7	5:08	-1.4	7:27	5:30	
24	Sun	12:16	5.2	11:00 AM	6.9	4:57	2.6	5:52	-1.4	7:27	5:31	
25	Mon	12:58	5.3	11:49 AM	6.6	5:49	2.4	6:35	-1.1	7:26	5:32	
26	Tue	1:39	5.4	12:37	6.2	6:41	2.3	7:17	-0.8	7:25	5:33	
27	Wed	2:19	5.4	1:25	5.7	7:34	2.2	7:58	-0.3	7:25	5:34	
28	Thu	2:59	5.4	2:16	5.1	8:30	2.1	8:39	0.3	7:24	5:36	
29	Fri	3:38	5.4	3:13	4.5	9:31	2.0	9:21	1.0	7:23	5:37	
30	Sat	4:19	5.3	4:23	4.0	10:38	1.8	10:09	1.6	7:22	5:38	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	**5:01**	5.3	**5:53**	3.6	**11:48**	1.5	**11:05**	2.2	7:21	5:39	