US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:08	5.5	8:02	3.5			1:30	1.2	7:25	5:01	
2	Mon	6:50	5.7	9:20	3.8	12:12	2.8	2:12	0.6	7:25	5:02	
3	Tue	7:32	5.9	10:20	4.1	1:12	3.1	3:00	0.1	7:25	5:03	
4	Wed	8:14	6.2	11:02	4.4	2:06	3.3	3:36	-0.4	7:25	5:04	
5	Thu	9:02	6.4	11:38	4.6	2:54	3.4	4:18	-0.8	7:25	5:05	
6	Fri	9:44	6.6			3:42	3.4	4:54	-1.1	7:25	5:05	
7	Sat	12:20	4.7	10:32 AM	6.7	4:30	3.3	5:36	-1.4	7:25	5:06	
8	Sun	12:56	4.9	11:14 AM	6.7	5:12	3.1	6:18	-1.4	7:25	5:07	
9	Mon	1:26	5.0	12:02	6.6	6:00	2.8	6:54	-1.3	7:25	5:08	
10	Tue	2:02	5.2	12:56	6.2	6:54	2.5	7:36	-0.9	7:25	5:09	
11	Wed	2:44	5.4	1:50	5.6	7:54	2.2	8:18	-0.4	7:24	5:10	
12	Thu	3:20	5.6	2:50	4.9	9:00	1.9	9:00	0.4	7:24	5:11	
13	Fri	4:02	5.8	4:08	4.3	10:12	1.5	9:48	1.2	7:24	5:12	
14	Sat	4:44	6.1	5:44	3.8	11:30	1.0	10:42	2.0	7:24	5:13	
15	Sun	5:32	6.2	7:32	3.8			12:48	0.5	7:23	5:14	
16	Mon	6:26	6.4	9:02	4.1			1:54	-0.1	7:23	5:15	
17	Tue	7:20	6.5	10:02	4.5	1:00	3.1	2:48	-0.5	7:23	5:16	
18	Wed	8:14	6.5	10:56	4.8	2:06	3.2	3:42	-0.7	7:22	5:17	
19	Thu	9:08	6.5	11:38	4.9	3:06	3.2	4:24	-0.9	7:22	5:18	
20	Fri	9:56	6.5			4:00	3.1	5:06	-0.9	7:21	5:20	
21	Sat	12:14	5.0	10:38 AM	6.3	4:48	2.9	5:42	-0.8	7:21	5:21	
22	Sun	12:50	5.0	11:20 AM	6.1	5:30	2.8	6:12	-0.7	7:20	5:22	
23	Mon	1:20	5.0	12:02	5.8	6:12	2.6	6:48	-0.4	7:20	5:23	
24	Tue	1:50	5.0	12:38	5.5	6:54	2.4	7:18	0.0	7:19	5:24	
25	Wed	2:14	5.0	1:20	5.0	7:36	2.3	7:42	0.4	7:18	5:25	
26	Thu	2:44	5.1	2:02	4.5	8:24	2.1	8:12	1.0	7:18	5:26	
27	Fri	3:08	5.2	2:56	4.0	9:18	1.9	8:42	1.6	7:17	5:27	
28	Sat	3:38	5.3	4:02	3.6	10:18	1.7	9:18	2.2	7:16	5:28	
29	Sun	4:14	5.4	5:50	3.3	11:24	1.4	10:00	2.8	7:15	5:29	
30	Mon	5:02	5.5	7:56	3.5			12:30	1.1	7:15	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	**5:50**	5.6	**9:20**	3.8			**1:30**	0.6	7:14	5:32	