US HARBORS www.USHarbors.com

Alcatraz Island, CA - Sep 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:39	5.6	1:34	5.4	6:54	0.5	7:14	1.6	6:39	7:39	
2	Sat	1:20	5.2	1:57	5.4	7:21	1.0	7:52	1.4	6:40	7:37	
3	Sun	2:03	4.9	2:20	5.5	7:49	1.5	8:30	1.2	6:41	7:36	
4	Mon	2:48	4.6	2:45	5.5	8:17	2.0	9:13	1.2	6:42	7:34	
5	Tue	3:42	4.2	3:15	5.5	8:46	2.5	10:01	1.1	6:43	7:33	
6	Wed	4:49	3.9	3:53	5.5	9:20	3.0	11:00	1.1	6:44	7:31	
7	Thu	6:24	3.8	4:42	5.4	10:06	3.4			6:44	7:30	
8	Fri	8:16	3.9	5:44	5.4	12:11	1.0	11:28 AM	3.7	6:45	7:28	
9	Sat	9:24	4.1	6:53	5.5	1:23	0.8	1:08	3.7	6:46	7:27	
10	Sun	10:02	4.4	7:59	5.7	2:24	0.4	2:18	3.5	6:47	7:25	
11	Mon	10:32	4.6	8:59	5.9	3:15	0.1	3:10	3.1	6:48	7:23	
12	Tue	11:01	4.9	9:55	6.1	3:58	-0.2	3:57	2.5	6:49	7:22	
13	Wed	11:29	5.1	10:48	6.2	4:38	-0.3	4:41	2.0	6:50	7:20	
14	Thu	11:58	5.5	11:41	6.2	5:15	-0.3	5:27	1.3	6:50	7:19	
15	Fri			12:28	5.8	5:52	0.0	6:14	0.7	6:51	7:17	
16	Sat	12:36	6.0	1:00	6.2	6:30	0.5	7:02	0.2	6:52	7:16	
17	Sun	1:33	5.7	1:35	6.4	7:09	1.1	7:54	-0.1	6:53	7:14	
18	Mon	2:33	5.3	2:13	6.6	7:49	1.7	8:49	-0.3	6:54	7:13	
19	Tue	3:40	4.9	2:56	6.5	8:34	2.3	9:49	-0.2	6:55	7:11	
20	Wed	4:57	4.5	3:47	6.3	9:28	2.9	10:58	-0.1	6:55	7:09	
21	Thu	6:25	4.4	4:48	6.1	10:40	3.3			6:56	7:08	
22	Fri	7:51	4.5	6:01	5.8	12:16	0.0	12:12	3.4	6:57	7:06	
23	Sat	8:57	4.8	7:17	5.6	1:31	0.1	1:39	3.2	6:58	7:05	
24	Sun	9:46	5.0	8:27	5.6	2:36	0.1	2:46	2.8	6:59	7:03	
25	Mon	10:26	5.2	9:28	5.6	3:27	0.1	3:40	2.4	7:00	7:02	
26	Tue	10:59	5.3	10:21	5.5	4:10	0.2	4:26	1.9	7:01	7:00	
27	Wed	11:28	5.4	11:08	5.4	4:46	0.4	5:06	1.5	7:02	6:59	
28	Thu	11:53	5.5	11:53	5.2	5:17	0.7	5:43	1.2	7:02	6:57	
29	Fri			12:16	5.5	5:46	1.1	6:17	0.9	7:03	6:55	
30	Sat	12:36	5.0	12:37	5.6	6:14	1.5	6:50	0.7	7:04	6:54	