US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:17**	6.1	**10:09**	4.5	**1:56**	2.4	**3:20**	0.1	7:25	5:01	
2	Tue	**8:57**	6.2	**10:56**	4.6	**2:46**	2.6	**4:00**	-0.2	7:25	5:01	
3	Wed	**9:35**	6.2	**11:37**	4.7	**3:32**	2.7	**4:35**	-0.3	7:25	5:02	
4	Thu	**10:11**	6.1			**4:14**	2.8	**5:08**	-0.4	7:25	5:03	
5	Fri	**12:13**	4.8	**10:46 AM**	6.1	**4:53**	2.8	**5:39**	-0.4	7:25	5:04	
6	Sat	**12:46**	4.8	**11:21 AM**	6.0	**5:31**	2.8	**6:10**	-0.4	7:25	5:05	
7	Sun	**1:17**	4.9	**11:56 AM**	5.8	**6:07**	2.7	**6:40**	-0.3	7:25	5:06	
8	Mon	**1:48**	4.9	**12:33**	5.6	**6:46**	2.7	**7:11**	-0.1	7:25	5:07	
9	Tue	**2:20**	5.0	**1:11**	5.3	**7:27**	2.6	**7:44**	0.1	7:25	5:08	
10	Wed	**2:53**	5.1	**1:55**	4.9	**8:14**	2.5	**8:20**	0.4	7:25	5:08	
11	Thu	**3:29**	5.2	**2:46**	4.5	**9:08**	2.3	**9:00**	0.8	7:25	5:09	
12	Fri	**4:08**	5.3	**3:52**	4.1	**10:12**	2.1	**9:46**	1.3	7:24	5:10	
13	Sat	**4:52**	5.5	**5:18**	3.8	**11:22**	1.7	**10:41**	1.8	7:24	5:11	
14	Sun	**5:40**	5.7	**6:53**	3.8			**12:29**	1.1	7:24	5:12	
15	Mon	**6:32**	6.0	**8:18**	4.0			**1:30**	0.5	7:24	5:13	
16	Tue	**7:25**	6.3	**9:24**	4.4	**12:51**	2.5	**2:25**	-0.2	7:23	5:15	
17	Wed	**8:18**	6.6	**10:18**	4.7	**1:55**	2.5	**3:15**	-0.7	7:23	5:16	
18	Thu	**9:11**	6.9	**11:06**	5.0	**2:54**	2.5	**4:04**	-1.1	7:22	5:17	
19	Fri	**10:03**	7.0	**11:51**	5.3	**3:49**	2.4	**4:50**	-1.4	7:22	5:18	
20	Sat	**10:54**	7.0			**4:43**	2.2	**5:36**	-1.4	7:22	5:19	
21	Sun	**12:34**	5.5	**11:46 AM**	6.8	**5:37**	2.0	**6:20**	-1.2	7:21	5:20	
22	Mon	**1:17**	5.7	**12:38**	6.4	**6:32**	1.8	**7:04**	-0.9	7:20	5:21	
23	Tue	**1:59**	5.8	**1:32**	5.9	**7:28**	1.6	**7:49**	-0.4	7:20	5:22	
24	Wed	**2:43**	5.9	**2:29**	5.3	**8:29**	1.5	**8:35**	0.3	7:19	5:23	
25	Thu	**3:28**	5.9	**3:33**	4.6	**9:35**	1.5	**9:24**	1.0	7:19	5:24	
26	Fri	**4:15**	5.8	**4:50**	4.1	**10:47**	1.3	**10:19**	1.6	7:18	5:25	
27	Sat	**5:05**	5.8	**6:21**	3.9			**12:00**	1.1	7:17	5:26	
28	Sun	**5:59**	5.7	**7:50**	4.0			**1:08**	0.8	7:17	5:28	
29	Mon	**6:52**	5.7	**9:00**	4.2	**12:31**	2.5	**2:07**	0.5	7:16	5:29	
30	Tue	**7:43**	5.8	**9:53**	4.4	**1:35**	2.7	**2:55**	0.3	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	**8:30**	5.8	**10:35**	4.6	**2:30**	2.7	**3:37**	0.1	7:14	5:31	