


































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	