US HARBORS www.USHarbors.com

Alcatraz Island, CA - Dec 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**4:40**	4.8	**3:15**	4.5	**10:13**	2.9	**9:58**	0.7	7:06	4:50	
2	Mon	**5:25**	4.9	**4:22**	4.1	**11:24**	2.7	**10:50**	1.1	7:07	4:50	
3	Tue	**6:08**	5.0	**5:39**	3.9			**12:28**	2.3	7:08	4:50	
4	Wed	**6:48**	5.3	**6:59**	3.8			**1:22**	1.8	7:09	4:50	
5	Thu	**7:26**	5.5	**8:11**	3.9	**12:36**	1.6	**2:08**	1.2	7:10	4:50	
6	Fri	**8:02**	5.8	**9:13**	4.2	**1:25**	1.9	**2:48**	0.6	7:11	4:50	
7	Sat	**8:39**	6.1	**10:08**	4.4	**2:11**	2.1	**3:26**	0.1	7:12	4:50	
8	Sun	**9:16**	6.3	**10:58**	4.6	**2:56**	2.3	**4:04**	-0.4	7:13	4:50	
9	Mon	**9:56**	6.5	**11:45**	4.8	**3:39**	2.4	**4:43**	-0.8	7:13	4:50	
10	Tue	**10:37**	6.7			**4:24**	2.5	**5:24**	-1.1	7:14	4:50	
11	Wed	**12:32**	5.0	**11:21 AM**	6.7	**5:11**	2.6	**6:08**	-1.3	7:15	4:50	
12	Thu	**1:18**	5.1	**12:07**	6.6	**6:00**	2.6	**6:53**	-1.3	7:16	4:51	
13	Fri	**2:05**	5.2	**12:58**	6.3	**6:55**	2.6	**7:40**	-1.1	7:16	4:51	
14	Sat	**2:54**	5.3	**1:53**	5.9	**7:56**	2.5	**8:30**	-0.7	7:17	4:51	
15	Sun	**3:44**	5.4	**2:55**	5.3	**9:06**	2.4	**9:23**	-0.2	7:18	4:51	
16	Mon	**4:35**	5.6	**4:08**	4.8	**10:25**	2.1	**10:20**	0.4	7:18	4:52	
17	Tue	**5:28**	5.8	**5:31**	4.4	**11:45**	1.7	**11:20**	0.9	7:19	4:52	
18	Wed	**6:20**	6.0	**6:59**	4.2			**12:57**	1.1	7:20	4:53	
19	Thu	**7:10**	6.2	**8:20**	4.3	**12:22**	1.4	**1:58**	0.5	7:20	4:53	
20	Fri	**7:57**	6.4	**9:28**	4.5	**1:21**	1.8	**2:51**	0.0	7:21	4:53	
21	Sat	**8:41**	6.5	**10:26**	4.7	**2:17**	2.2	**3:38**	-0.3	7:21	4:54	
22	Sun	**9:23**	6.5	**11:16**	4.9	**3:08**	2.4	**4:19**	-0.6	7:22	4:54	
23	Mon	**10:03**	6.4			**3:56**	2.6	**4:58**	-0.7	7:22	4:55	
24	Tue	**12:01**	5.0	**10:41 AM**	6.3	**4:41**	2.7	**5:34**	-0.7	7:23	4:56	
25	Wed	**12:42**	5.0	**11:17 AM**	6.1	**5:24**	2.7	**6:08**	-0.6	7:23	4:56	
26	Thu	**1:20**	5.0	**11:54 AM**	5.9	**6:06**	2.8	**6:42**	-0.5	7:23	4:57	
27	Fri	**1:56**	5.0	**12:30**	5.7	**6:48**	2.8	**7:16**	-0.3	7:24	4:57	
28	Sat	**2:30**	5.0	**1:08**	5.3	**7:32**	2.8	**7:50**	0.0	7:24	4:58	
29	Sun	**3:04**	5.0	**1:50**	4.9	**8:21**	2.7	**8:26**	0.3	7:24	4:59	
30	Mon	**3:40**	5.0	**2:37**	4.5	**9:16**	2.6	**9:05**	0.7	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	**4:19**	5.1	**3:35**	4.1	**10:20**	2.5	**9:52**	1.1	7:25	5:00	