US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:06	5.2	4:50	3.8	11:31	2.2	10:43	1.6	7:25	5:01	
2	Thu	5:50	5.3	6:19	3.6			12:34	1.8	7:25	5:02	
3	Fri	6:34	5.6	7:45	3.7			1:28	1.2	7:25	5:03	
4	Sat	7:18	5.9	8:57	4.0	12:38	2.3	2:16	0.6	7:25	5:04	
5	Sun	8:03	6.2	9:54	4.3	1:35	2.5	3:00	0.0	7:25	5:05	
6	Mon	8:47	6.5	10:44	4.7	2:28	2.6	3:42	-0.6	7:25	5:05	
7	Tue	9:33	6.7	11:30	4.9	3:18	2.6	4:25	-1.0	7:25	5:06	
8	Wed	10:20	6.9			4:08	2.5	5:09	-1.3	7:25	5:07	
9	Thu	12:14	5.2	11:08 AM	6.9	4:58	2.4	5:53	-1.4	7:25	5:08	
10	Fri	12:57	5.4	11:58 AM	6.8	5:50	2.3	6:37	-1.3	7:25	5:09	
11	Sat	1:40	5.5	12:50	6.4	6:44	2.1	7:23	-1.0	7:24	5:10	
12	Sun	2:25	5.7	1:45	5.9	7:43	2.0	8:10	-0.6	7:24	5:11	
13	Mon	3:11	5.8	2:46	5.3	8:49	1.8	8:59	0.0	7:24	5:12	
14	Tue	3:59	5.9	3:56	4.7	10:02	1.6	9:52	0.7	7:24	5:13	
15	Wed	4:50	6.0	5:19	4.2	11:19	1.3	10:52	1.4	7:23	5:14	
16	Thu	5:44	6.0	6:51	4.1			12:34	0.9	7:23	5:15	
17	Fri	6:38	6.1	8:15	4.2			1:40	0.5	7:23	5:16	
18	Sat	7:31	6.2	9:23	4.4	1:03	2.3	2:37	0.1	7:22	5:17	
19	Sun	8:20	6.2	10:18	4.7	2:04	2.5	3:24	-0.1	7:22	5:18	
20	Mon	9:05	6.2	11:03	4.8	2:59	2.6	4:06	-0.3	7:21	5:20	
21	Tue	9:47	6.2	11:43	4.9	3:47	2.6	4:43	-0.4	7:21	5:21	
22	Wed	10:26	6.1			4:30	2.6	5:17	-0.4	7:20	5:22	
23	Thu	12:18	5.0	11:03 AM	6.0	5:10	2.5	5:48	-0.3	7:19	5:23	
24	Fri	12:50	5.0	11:39 AM	5.8	5:48	2.5	6:19	-0.2	7:19	5:24	
25	Sat	1:19	5.0	12:14	5.6	6:25	2.4	6:49	-0.1	7:18	5:25	
26	Sun	1:48	5.0	12:51	5.3	7:03	2.3	7:19	0.2	7:17	5:26	
27	Mon	2:17	5.1	1:30	5.0	7:43	2.2	7:51	0.5	7:17	5:27	
28	Tue	2:49	5.1	2:14	4.6	8:29	2.1	8:25	0.9	7:16	5:28	
29	Wed	3:23	5.2	3:07	4.2	9:22	2.0	9:03	1.4	7:15	5:30	
30	Thu	4:03	5.3	4:17	3.8	10:24	1.8	9:50	1.9	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	**4:48**	5.4	**5:49**	3.6	**11:33**	1.5	**10:48**	2.3	7:14	5:32	