US HARBORS www.USHarbors.com

Alcatraz Island, CA - Dec 1999

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**7:16**	5.7	**7:11**	4.4	**12:10**	0.6	**1:27**	1.6	7:06	4:51	
2	Thu	**7:59**	5.9	**8:25**	4.3	**1:06**	1.0	**2:22**	1.1	7:07	4:50	
3	Fri	**8:37**	6.0	**9:28**	4.4	**1:56**	1.4	**3:09**	0.6	7:08	4:50	
4	Sat	**9:11**	6.1	**10:23**	4.5	**2:41**	1.7	**3:49**	0.2	7:09	4:50	
5	Sun	**9:42**	6.1	**11:12**	4.6	**3:22**	2.1	**4:26**	-0.1	7:09	4:50	
6	Mon	**10:12**	6.1	**11:57**	4.7	**4:01**	2.4	**4:59**	-0.2	7:10	4:50	
7	Tue	**10:41**	6.0			**4:38**	2.7	**5:32**	-0.4	7:11	4:50	
8	Wed	**12:38**	4.7	**11:12 AM**	6.0	**5:15**	2.9	**6:04**	-0.4	7:12	4:50	
9	Thu	**1:18**	4.7	**11:44 AM**	5.9	**5:51**	3.0	**6:37**	-0.4	7:13	4:50	
10	Fri	**1:57**	4.7	**12:18**	5.7	**6:29**	3.1	**7:12**	-0.4	7:14	4:50	
11	Sat	**2:36**	4.7	**12:55**	5.5	**7:10**	3.2	**7:49**	-0.3	7:14	4:50	
12	Sun	**3:17**	4.7	**1:35**	5.2	**7:58**	3.3	**8:30**	-0.1	7:15	4:51	
13	Mon	**4:01**	4.7	**2:23**	4.9	**8:56**	3.2	**9:15**	0.1	7:16	4:51	
14	Tue	**4:45**	4.8	**3:22**	4.6	**10:06**	3.1	**10:05**	0.4	7:17	4:51	
15	Wed	**5:30**	5.0	**4:35**	4.2	**11:21**	2.7	**10:59**	0.7	7:17	4:51	
16	Thu	**6:14**	5.3	**6:00**	4.1			**12:28**	2.1	7:18	4:52	
17	Fri	**6:56**	5.6	**7:25**	4.1			**1:24**	1.4	7:19	4:52	
18	Sat	**7:37**	6.0	**8:40**	4.3	**12:51**	1.4	**2:15**	0.6	7:19	4:52	
19	Sun	**8:18**	6.4	**9:46**	4.6	**1:45**	1.7	**3:03**	-0.2	7:20	4:53	
20	Mon	**9:01**	6.8	**10:45**	4.9	**2:37**	2.0	**3:50**	-0.8	7:20	4:53	
21	Tue	**9:46**	7.0	**11:40**	5.1	**3:28**	2.2	**4:37**	-1.3	7:21	4:54	
22	Wed	**10:32**	7.2			**4:19**	2.4	**5:24**	-1.6	7:21	4:54	
23	Thu	**12:32**	5.2	**11:20 AM**	7.1	**5:12**	2.5	**6:12**	-1.6	7:22	4:55	
24	Fri	**1:23**	5.3	**12:10**	6.9	**6:06**	2.6	**7:01**	-1.5	7:22	4:55	
25	Sat	**2:13**	5.4	**1:02**	6.5	**7:04**	2.6	**7:50**	-1.2	7:23	4:56	
26	Sun	**3:03**	5.4	**1:57**	5.9	**8:08**	2.6	**8:40**	-0.7	7:23	4:56	
27	Mon	**3:54**	5.5	**2:57**	5.3	**9:18**	2.5	**9:32**	-0.1	7:23	4:57	
28	Tue	**4:46**	5.5	**4:05**	4.7	**10:35**	2.3	**10:27**	0.5	7:24	4:58	
29	Wed	**5:37**	5.6	**5:26**	4.2	**11:51**	1.9	**11:25**	1.1	7:24	4:58	
30	Thu	**6:27**	5.7	**6:54**	4.0			**1:00**	1.5	7:24	4:59	
31	Fri	**7:12**	5.8	**8:17**	4.0	**12:24**	1.6	**1:59**	1.0	7:24	5:00	