US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**7:54**	5.9	**9:26**	4.1	**1:19**	2.0	**2:49**	0.5	7:25	5:01	
2	Sun	**8:31**	6.0	**10:21**	4.4	**2:10**	2.4	**3:31**	0.2	7:25	5:01	
3	Mon	**9:06**	6.1	**11:08**	4.5	**2:56**	2.7	**4:08**	-0.1	7:25	5:02	
4	Tue	**9:40**	6.1	**11:49**	4.6	**3:39**	2.9	**4:42**	-0.3	7:25	5:03	
5	Wed	**10:14**	6.1			**4:19**	3.0	**5:15**	-0.4	7:25	5:04	
6	Thu	**12:26**	4.7	**10:49 AM**	6.1	**4:56**	3.0	**5:47**	-0.5	7:25	5:05	
7	Fri	**1:00**	4.7	**11:24 AM**	6.1	**5:32**	3.1	**6:18**	-0.6	7:25	5:06	
8	Sat	**1:33**	4.8	**12:00**	5.9	**6:08**	3.0	**6:51**	-0.5	7:25	5:07	
9	Sun	**2:06**	4.8	**12:37**	5.7	**6:47**	3.0	**7:25**	-0.4	7:25	5:08	
10	Mon	**2:40**	4.9	**1:17**	5.4	**7:30**	2.9	**8:02**	-0.2	7:25	5:09	
11	Tue	**3:16**	4.9	**2:02**	5.1	**8:21**	2.8	**8:41**	0.1	7:25	5:09	
12	Wed	**3:55**	5.1	**2:57**	4.6	**9:21**	2.6	**9:25**	0.5	7:24	5:10	
13	Thu	**4:36**	5.3	**4:09**	4.2	**10:31**	2.2	**10:15**	1.1	7:24	5:11	
14	Fri	**5:19**	5.5	**5:41**	3.9	**11:44**	1.7	**11:11**	1.6	7:24	5:12	
15	Sat	**6:06**	5.8	**7:18**	3.9			**12:52**	1.0	7:24	5:14	
16	Sun	**6:55**	6.1	**8:41**	4.2	**12:13**	2.1	**1:52**	0.3	7:23	5:15	
17	Mon	**7:45**	6.5	**9:48**	4.5	**1:16**	2.4	**2:46**	-0.4	7:23	5:16	
18	Tue	**8:36**	6.8	**10:44**	4.8	**2:17**	2.6	**3:37**	-1.0	7:22	5:17	
19	Wed	**9:27**	7.0	**11:34**	5.1	**3:15**	2.6	**4:26**	-1.3	7:22	5:18	
20	Thu	**10:18**	7.1			**4:10**	2.6	**5:13**	-1.5	7:21	5:19	
21	Fri	**12:20**	5.3	**11:09 AM**	7.0	**5:03**	2.5	**5:59**	-1.5	7:21	5:20	
22	Sat	**1:04**	5.4	**11:59 AM**	6.8	**5:57**	2.3	**6:44**	-1.3	7:20	5:21	
23	Sun	**1:48**	5.5	**12:50**	6.3	**6:52**	2.2	**7:28**	-0.9	7:20	5:22	
24	Mon	**2:30**	5.5	**1:42**	5.8	**7:49**	2.1	**8:12**	-0.3	7:19	5:23	
25	Tue	**3:13**	5.5	**2:38**	5.1	**8:50**	2.0	**8:57**	0.3	7:19	5:24	
26	Wed	**3:57**	5.5	**3:41**	4.5	**9:57**	1.8	**9:45**	1.0	7:18	5:25	
27	Thu	**4:42**	5.5	**5:00**	4.0	**11:09**	1.6	**10:39**	1.6	7:17	5:26	
28	Fri	**5:29**	5.5	**6:35**	3.7			**12:19**	1.3	7:17	5:28	
29	Sat	**6:17**	5.6	**8:07**	3.8			**1:23**	1.0	7:16	5:29	
30	Sun	**7:05**	5.6	**9:18**	4.1	**12:45**	2.6	**2:17**	0.6	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	**7:51**	5.7	**10:09**	4.4	**1:45**	2.8	**3:03**	0.3	7:14	5:31	