



































## 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
<b>31</b>	Mon	<b>7:51</b>	5.7	<b>10:09</b>	4.4	<b>1:45</b>	2.8	<b>3:03</b>	0.3	7:14	5:31	