US HARBORS www.USHarbors.com

Alcatraz Island, CA - Sep 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**2:14**	5.8	**2:58**	5.8	**8:18**	0.5	**8:54**	1.1	6:40	7:38	
2	Sat	**3:10**	5.2	**3:37**	5.8	**9:01**	1.2	**9:50**	1.1	6:41	7:37	
3	Sun	**4:12**	4.7	**4:18**	5.7	**9:47**	1.8	**10:52**	1.1	6:41	7:35	
4	Mon	**5:25**	4.3	**5:04**	5.5	**10:41**	2.4	**11:59**	1.1	6:42	7:34	
5	Tue	**6:54**	4.2	**5:57**	5.4	**11:49**	2.9			6:43	7:32	
6	Wed	**8:23**	4.3	**6:55**	5.4	**1:08**	1.0	**1:05**	3.1	6:44	7:31	
7	Thu	**9:30**	4.5	**7:54**	5.4	**2:11**	0.8	**2:14**	3.1	6:45	7:29	
8	Fri	**10:18**	4.7	**8:49**	5.5	**3:05**	0.6	**3:09**	3.0	6:46	7:28	
9	Sat	**10:56**	4.8	**9:38**	5.6	**3:50**	0.4	**3:55**	2.8	6:46	7:26	
10	Sun	**11:27**	4.9	**10:22**	5.7	**4:29**	0.3	**4:34**	2.5	6:47	7:24	
11	Mon	**11:55**	5.0	**11:04**	5.8	**5:04**	0.2	**5:09**	2.3	6:48	7:23	
12	Tue			**12:21**	5.1	**5:36**	0.2	**5:43**	2.0	6:49	7:21	
13	Wed			**12:47**	5.2	**6:06**	0.3	**6:16**	1.7	6:50	7:20	
14	Thu	**12:25**	5.7	**1:15**	5.4	**6:36**	0.4	**6:51**	1.5	6:51	7:18	
15	Fri	**1:07**	5.5	**1:43**	5.5	**7:08**	0.7	**7:30**	1.2	6:52	7:17	
16	Sat	**1:52**	5.3	**2:14**	5.7	**7:41**	1.1	**8:12**	1.0	6:52	7:15	
17	Sun	**2:42**	5.0	**2:47**	5.8	**8:17**	1.5	**9:00**	0.8	6:53	7:14	
18	Mon	**3:40**	4.7	**3:26**	5.8	**8:58**	2.0	**9:56**	0.6	6:54	7:12	
19	Tue	**4:51**	4.4	**4:13**	5.8	**9:48**	2.5	**11:01**	0.5	6:55	7:10	
20	Wed	**6:16**	4.3	**5:11**	5.8	**10:53**	2.9			6:56	7:09	
21	Thu	**7:43**	4.4	**6:20**	5.8	**12:15**	0.4	**12:14**	3.1	6:57	7:07	
22	Fri	**8:53**	4.7	**7:32**	5.9	**1:28**	0.1	**1:36**	3.0	6:57	7:06	
23	Sat	**9:47**	5.0	**8:40**	6.0	**2:33**	-0.1	**2:44**	2.6	6:58	7:04	
24	Sun	**10:31**	5.3	**9:43**	6.2	**3:29**	-0.3	**3:42**	2.2	6:59	7:03	
25	Mon	**11:11**	5.5	**10:40**	6.2	**4:18**	-0.3	**4:33**	1.7	7:00	7:01	
26	Tue	**11:48**	5.7	**11:34**	6.1	**5:02**	-0.2	**5:22**	1.2	7:01	7:00	
27	Wed			**12:24**	5.9	**5:44**	0.0	**6:08**	0.8	7:02	6:58	
28	Thu	**12:26**	5.9	**12:59**	6.0	**6:24**	0.4	**6:54**	0.5	7:03	6:56	
29	Fri	**1:18**	5.6	**1:33**	6.0	**7:04**	0.9	**7:39**	0.4	7:04	6:55	
30	Sat	**2:10**	5.3	**2:07**	5.9	**7:44**	1.5	**8:25**	0.4	7:04	6:53	