US HARBORS www.USHarbors.com

Alcatraz Island, CA - Dec 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**4:16**	4.6	**2:19**	4.9	**9:06**	3.4	**9:23**	0.2	7:07	4:50	
2	Sat	**5:05**	4.7	**3:15**	4.6	**10:21**	3.3	**10:14**	0.5	7:07	4:50	
3	Sun	**5:50**	4.8	**4:23**	4.2	**11:36**	3.0	**11:07**	0.8	7:08	4:50	
4	Mon	**6:31**	5.0	**5:41**	4.0			**12:39**	2.6	7:09	4:50	
5	Tue	**7:08**	5.2	**6:59**	4.0	**12:00**	1.0	**1:30**	2.0	7:10	4:50	
6	Wed	**7:43**	5.5	**8:11**	4.1	**12:50**	1.3	**2:13**	1.4	7:11	4:50	
7	Thu	**8:17**	5.9	**9:15**	4.3	**1:37**	1.5	**2:53**	0.7	7:12	4:50	
8	Fri	**8:51**	6.2	**10:14**	4.6	**2:22**	1.8	**3:33**	0.0	7:13	4:50	
9	Sat	**9:27**	6.5	**11:08**	4.8	**3:06**	2.1	**4:13**	-0.6	7:13	4:50	
10	Sun	**10:06**	6.7			**3:51**	2.3	**4:55**	-1.1	7:14	4:50	
11	Mon	**12:01**	5.0	**10:48 AM**	6.9	**4:37**	2.6	**5:40**	-1.4	7:15	4:50	
12	Tue	**12:53**	5.1	**11:32 AM**	6.9	**5:25**	2.7	**6:27**	-1.5	7:16	4:51	
13	Wed	**1:44**	5.1	**12:21**	6.8	**6:17**	2.8	**7:16**	-1.4	7:16	4:51	
14	Thu	**2:36**	5.2	**1:13**	6.4	**7:15**	2.9	**8:07**	-1.2	7:17	4:51	
15	Fri	**3:29**	5.2	**2:11**	6.0	**8:21**	2.9	**9:01**	-0.8	7:18	4:51	
16	Sat	**4:23**	5.3	**3:16**	5.4	**9:38**	2.7	**9:58**	-0.2	7:19	4:52	
17	Sun	**5:17**	5.5	**4:32**	4.8	**11:01**	2.4	**10:57**	0.3	7:19	4:52	
18	Mon	**6:09**	5.7	**5:57**	4.4			**12:19**	1.8	7:20	4:53	
19	Tue	**6:58**	5.9	**7:24**	4.2			**1:27**	1.2	7:20	4:53	
20	Wed	**7:43**	6.1	**8:42**	4.3	**12:55**	1.4	**2:24**	0.6	7:21	4:53	
21	Thu	**8:24**	6.3	**9:48**	4.4	**1:49**	1.8	**3:12**	0.1	7:21	4:54	
22	Fri	**9:03**	6.4	**10:45**	4.6	**2:39**	2.2	**3:55**	-0.2	7:22	4:54	
23	Sat	**9:39**	6.4	**11:34**	4.7	**3:25**	2.5	**4:34**	-0.5	7:22	4:55	
24	Sun	**10:13**	6.3			**4:09**	2.8	**5:10**	-0.6	7:23	4:56	
25	Mon	**12:19**	4.8	**10:47 AM**	6.2	**4:51**	3.0	**5:44**	-0.6	7:23	4:56	
26	Tue	**12:59**	4.8	**11:21 AM**	6.1	**5:31**	3.1	**6:18**	-0.6	7:23	4:57	
27	Wed	**1:37**	4.8	**11:55 AM**	5.9	**6:10**	3.1	**6:52**	-0.5	7:24	4:57	
28	Thu	**2:13**	4.8	**12:31**	5.7	**6:50**	3.2	**7:26**	-0.4	7:24	4:58	
29	Fri	**2:48**	4.8	**1:09**	5.4	**7:33**	3.2	**8:02**	-0.1	7:24	4:59	
30	Sat	**3:24**	4.8	**1:51**	5.0	**8:22**	3.1	**8:40**	0.1	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	**4:02**	4.8	**2:39**	4.6	**9:20**	3.0	**9:23**	0.5	7:25	5:00	