



## Alcatraz Island, CA - Jan 2001

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:43	4.9	3:37	4.2	10:27	2.8	10:08	0.9	7:25	5:01	☾
2	Tue	5:23	5.1	4:55	3.9	11:38	2.4	10:58	1.3	7:25	5:02	☾
3	Wed	6:03	5.3	6:28	3.7			12:42	1.8	7:25	5:03	☾
4	Thu	6:44	5.7	7:58	3.8			1:36	1.1	7:25	5:04	☾
5	Fri	7:25	6.0	9:12	4.1	12:48	2.2	2:24	0.4	7:25	5:05	☾
6	Sat	8:08	6.4	10:14	4.5	1:44	2.5	3:10	-0.3	7:25	5:05	☾
7	Sun	8:53	6.7	11:07	4.8	2:38	2.7	3:56	-0.9	7:25	5:06	☾
8	Mon	9:40	7.0	11:56	5.0	3:30	2.8	4:42	-1.4	7:25	5:07	☾
9	Tue	10:29	7.1			4:22	2.8	5:28	-1.6	7:25	5:08	☾
10	Wed	12:42	5.2	11:19 AM	7.1	5:14	2.8	6:15	-1.7	7:25	5:09	☾
11	Thu	1:27	5.3	12:11	6.9	6:08	2.6	7:02	-1.5	7:24	5:10	☾
12	Fri	2:12	5.4	1:04	6.5	7:06	2.5	7:49	-1.1	7:24	5:11	☾
13	Sat	2:58	5.5	2:01	5.9	8:09	2.3	8:37	-0.6	7:24	5:12	☾
14	Sun	3:44	5.6	3:04	5.2	9:18	2.1	9:27	0.1	7:24	5:13	☾
15	Mon	4:32	5.7	4:17	4.5	10:34	1.8	10:20	0.8	7:23	5:14	☾
16	Tue	5:21	5.8	5:45	4.0	11:51	1.4	11:18	1.5	7:23	5:15	☾
17	Wed	6:10	5.9	7:21	3.9			1:02	0.9	7:23	5:16	☾
18	Thu	6:59	6.0	8:46	4.1	12:20	2.1	2:03	0.5	7:22	5:17	☾
19	Fri	7:46	6.1	9:51	4.4	1:22	2.5	2:55	0.1	7:22	5:19	☾
20	Sat	8:30	6.1	10:43	4.6	2:20	2.8	3:39	-0.2	7:21	5:20	☾
21	Sun	9:11	6.2	11:27	4.7	3:12	3.0	4:18	-0.4	7:21	5:21	☾
22	Mon	9:51	6.1			3:57	3.0	4:54	-0.5	7:20	5:22	☾
23	Tue	12:04	4.8	10:28 AM	6.1	4:38	3.0	5:27	-0.5	7:19	5:23	☾
24	Wed	12:37	4.8	11:04 AM	6.0	5:15	2.9	5:58	-0.5	7:19	5:24	☾
25	Thu	1:07	4.8	11:40 AM	5.9	5:51	2.9	6:29	-0.4	7:18	5:25	☾
26	Fri	1:36	4.8	12:15	5.7	6:26	2.7	6:59	-0.3	7:17	5:26	☾
27	Sat	2:04	4.8	12:52	5.4	7:04	2.6	7:30	0.0	7:17	5:27	☾
28	Sun	2:33	4.9	1:32	5.1	7:45	2.5	8:03	0.3	7:16	5:28	☾
29	Mon	3:04	5.0	2:17	4.6	8:33	2.4	8:38	0.7	7:15	5:30	☾
30	Tue	3:38	5.1	3:14	4.2	9:30	2.1	9:17	1.3	7:14	5:31	☾

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Wed	<b>4:16</b>	5.3	<b>4:32</b>	3.8	<b>10:36</b>	1.8	<b>10:05</b>	1.8	7:14	5:32	