US HARBORS www.USHarbors.com

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
31	Wed	**4:16**	5.3	**4:32**	3.8	**10:36**	1.8	**10:05**	1.8	7:14	5:32	