



































Alcatraz Island, CA - Jan 2002

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:54	5.0	12:19	6.6	6:20	3.0	7:18	-1.4	7:25	5:01	
2	Wed	2:38	5.1	1:11	6.3	7:16	2.9	8:04	-1.1	7:25	5:02	
3	Thu	3:22	5.2	2:07	5.8	8:19	2.7	8:52	-0.6	7:25	5:03	
4	Fri	4:08	5.4	3:12	5.2	9:32	2.4	9:43	0.0	7:25	5:03	
5	Sat	4:55	5.6	4:30	4.5	10:51	2.0	10:37	0.7	7:25	5:04	
6	Sun	5:43	5.9	6:01	4.1			12:09	1.4	7:25	5:05	
7	Mon	6:31	6.1	7:36	4.0			1:18	0.8	7:25	5:06	
8	Tue	7:18	6.3	9:00	4.2	12:34	2.0	2:18	0.2	7:25	5:07	
9	Wed	8:04	6.5	10:07	4.5	1:35	2.4	3:10	-0.3	7:25	5:08	
10	Thu	8:49	6.6	11:02	4.7	2:32	2.8	3:56	-0.7	7:25	5:09	
11	Fri	9:32	6.6	11:49	4.9	3:26	3.0	4:38	-0.8	7:24	5:10	
12	Sat	10:14	6.5			4:15	3.1	5:17	-0.9	7:24	5:11	
13	Sun	12:32	5.0	10:54 AM	6.3	5:01	3.1	5:54	-0.8	7:24	5:12	
14	Mon	1:10	5.0	11:33 AM	6.1	5:44	3.0	6:30	-0.7	7:24	5:13	
15	Tue	1:46	4.9	12:11	5.9	6:26	3.0	7:04	-0.5	7:23	5:14	
16	Wed	2:19	4.9	12:49	5.6	7:08	2.9	7:38	-0.2	7:23	5:15	
17	Thu	2:50	4.8	1:28	5.2	7:53	2.8	8:12	0.1	7:23	5:16	
18	Fri	3:22	4.9	2:12	4.7	8:43	2.7	8:47	0.6	7:22	5:17	
19	Sat	3:54	4.9	3:04	4.2	9:42	2.5	9:25	1.1	7:22	5:18	
20	Sun	4:29	5.1	4:13	3.8	10:49	2.3	10:07	1.6	7:21	5:19	
21	Mon	5:08	5.2	5:46	3.5	11:58	1.8	10:58	2.2	7:21	5:20	
22	Tue	5:49	5.4	7:30	3.5			12:59	1.3	7:20	5:22	
23	Wed	6:34	5.6	8:55	3.8			1:52	0.7	7:20	5:23	
24	Thu	7:21	5.9	9:55	4.2	1:01	3.0	2:39	0.2	7:19	5:24	
25	Fri	8:09	6.2	10:42	4.5	2:00	3.1	3:23	-0.4	7:18	5:25	
26	Sat	8:57	6.5	11:24	4.8	2:53	3.1	4:06	-0.9	7:18	5:26	
27	Sun	9:46	6.7			3:43	3.0	4:49	-1.3	7:17	5:27	
28	Mon	12:03	4.9	10:35 AM	6.9	4:31	2.8	5:32	-1.5	7:16	5:28	
29	Tue	12:41	5.1	11:24 AM	6.9	5:20	2.6	6:15	-1.4	7:15	5:29	
30	Wed	1:19	5.3	12:15	6.7	6:11	2.3	6:57	-1.2	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	1:58	5.4	1:08	6.2	7:05	2.0	7:40	-0.8	7:14	5:32	