US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:42	7.0			3:30	2.9	4:48	-1.3	7:25	5:01	
2	Thu	12:03	5.0	10:28 AM	6.9	4:23	3.1	5:33	-1.4	7:25	5:02	
3	Fri	12:50	5.1	11:14 AM	6.7	5:15	3.1	6:16	-1.3	7:25	5:02	
4	Sat	1:35	5.1	11:59 AM	6.4	6:07	3.1	6:59	-1.1	7:25	5:03	
5	Sun	2:18	5.1	12:44	6.0	6:59	3.0	7:40	-0.7	7:25	5:04	
6	Mon	2:59	5.0	1:30	5.6	7:53	2.9	8:21	-0.3	7:25	5:05	
7	Tue	3:39	5.0	2:18	5.0	8:53	2.8	9:02	0.2	7:25	5:06	
8	Wed	4:18	5.0	3:13	4.4	9:59	2.6	9:44	0.8	7:25	5:07	
9	Thu	4:56	5.1	4:23	3.9	11:10	2.3	10:30	1.4	7:25	5:08	
10	Fri	5:33	5.2	5:52	3.5			12:18	1.9	7:25	5:09	
11	Sat	6:11	5.4	7:33	3.5			1:18	1.4	7:24	5:10	
12	Sun	6:50	5.5	8:58	3.8	12:15	2.5	2:08	0.9	7:24	5:11	
13	Mon	7:29	5.7	10:00	4.1	1:11	2.8	2:52	0.4	7:24	5:12	
14	Tue	8:10	5.9	10:47	4.3	2:05	3.1	3:31	0.0	7:24	5:13	
15	Wed	8:51	6.1	11:27	4.6	2:53	3.2	4:08	-0.4	7:23	5:14	
16	Thu	9:32	6.3			3:37	3.3	4:44	-0.7	7:23	5:15	
17	Fri	12:04	4.7	10:14 AM	6.5	4:18	3.2	5:20	-1.0	7:23	5:16	
18	Sat	12:39	4.8	10:56 AM	6.5	4:59	3.1	5:57	-1.1	7:22	5:17	
19	Sun	1:13	4.9	11:39 AM	6.5	5:41	3.0	6:35	-1.1	7:22	5:18	
20	Mon	1:48	5.0	12:24	6.3	6:27	2.8	7:14	-1.0	7:21	5:19	
21	Tue	2:24	5.1	1:13	5.9	7:18	2.5	7:53	-0.6	7:21	5:20	
22	Wed	3:01	5.3	2:07	5.4	8:16	2.2	8:35	-0.1	7:20	5:21	
23	Thu	3:40	5.5	3:12	4.7	9:22	1.9	9:19	0.6	7:20	5:22	
24	Fri	4:22	5.7	4:33	4.2	10:36	1.5	10:09	1.4	7:19	5:23	
25	Sat	5:08	5.9	6:13	3.8	11:53	1.0	11:08	2.1	7:18	5:25	
26	Sun	5:58	6.2	7:56	3.9			1:05	0.4	7:18	5:26	
27	Mon	6:52	6.3	9:17	4.3	12:16	2.7	2:08	-0.2	7:17	5:27	
28	Tue	7:47	6.5	10:18	4.6	1:27	3.0	3:04	-0.6	7:16	5:28	
29	Wed	8:41	6.6	11:07	4.9	2:33	3.1	3:53	-0.9	7:16	5:29	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Thu	**9:32**	6.6	**11:49**	5.0	**3:31**	3.0	**4:38**	-1.1	7:15	5:30	
31	Fri	**10:21**	6.6			**4:23**	2.9	**5:20**	-1.0	7:14	5:31	