



Alcatraz Island, CA - Jan 2004

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:06	5.7	8:45	3.8	12:23	2.0	2:12	0.8	7:25	5:01	☾
2	Fri	7:43	5.9	9:53	4.1	1:16	2.5	2:57	0.4	7:25	5:01	☾
3	Sat	8:18	6.0	10:46	4.3	2:07	2.9	3:37	0.0	7:25	5:02	☾
4	Sun	8:54	6.1	11:30	4.5	2:55	3.2	4:13	-0.3	7:25	5:03	☾
5	Mon	9:30	6.2			3:39	3.3	4:47	-0.5	7:25	5:04	☾
6	Tue	12:08	4.6	10:07 AM	6.2	4:19	3.4	5:21	-0.6	7:25	5:05	☾
7	Wed	12:43	4.7	10:44 AM	6.2	4:56	3.3	5:53	-0.7	7:25	5:06	☾
8	Thu	1:16	4.7	11:22 AM	6.2	5:33	3.3	6:26	-0.7	7:25	5:07	☾
9	Fri	1:48	4.7	12:00	6.1	6:11	3.2	7:00	-0.7	7:25	5:08	☾
10	Sat	2:20	4.8	12:40	5.8	6:52	3.1	7:34	-0.6	7:25	5:09	☾
11	Sun	2:53	4.9	1:23	5.5	7:40	2.9	8:11	-0.3	7:25	5:10	☾
12	Mon	3:27	5.0	2:12	5.0	8:35	2.7	8:49	0.1	7:24	5:10	☾
13	Tue	4:03	5.2	3:14	4.5	9:41	2.3	9:32	0.7	7:24	5:11	☾
14	Wed	4:41	5.4	4:36	4.0	10:53	1.9	10:20	1.4	7:24	5:13	☾
15	Thu	5:23	5.7	6:20	3.7			12:06	1.2	7:24	5:14	☾
16	Fri	6:09	6.1	8:04	3.8			1:13	0.5	7:23	5:15	☾
17	Sat	6:59	6.4	9:25	4.2	12:20	2.7	2:13	-0.3	7:23	5:16	☾
18	Sun	7:51	6.7	10:27	4.6	1:28	3.0	3:08	-0.9	7:22	5:17	☾
19	Mon	8:45	6.9	11:18	4.9	2:32	3.2	3:59	-1.3	7:22	5:18	☾
20	Tue	9:39	7.0			3:32	3.1	4:48	-1.5	7:21	5:19	☾
21	Wed	12:03	5.1	10:31 AM	7.0	4:27	3.0	5:34	-1.6	7:21	5:20	☾
22	Thu	12:45	5.2	11:22 AM	6.9	5:21	2.8	6:18	-1.4	7:20	5:21	☾
23	Fri	1:25	5.3	12:12	6.5	6:14	2.6	7:00	-1.1	7:20	5:22	☾
24	Sat	2:04	5.3	1:01	6.0	7:08	2.4	7:40	-0.6	7:19	5:23	☾
25	Sun	2:42	5.4	1:52	5.4	8:04	2.2	8:20	0.0	7:19	5:24	☾
26	Mon	3:19	5.4	2:47	4.7	9:05	2.0	9:00	0.7	7:18	5:25	☾
27	Tue	3:56	5.4	3:53	4.1	10:11	1.8	9:42	1.4	7:17	5:26	☾
28	Wed	4:35	5.4	5:20	3.6	11:21	1.6	10:30	2.1	7:17	5:28	☾
29	Thu	5:16	5.5	7:10	3.6			12:30	1.2	7:16	5:29	☾
30	Fri	6:00	5.5	8:46	3.8			1:31	0.8	7:15	5:30	☾

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	6:48	5.6	9:49	4.1	12:39	3.1	2:24	0.5	7:14	5:31	