



































Alcatraz Island, CA - Jan 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:04	4.8	2:39	4.6	9:22	2.9	9:18	0.5	7:25	5:01	
2	Sun	4:39	5.0	3:43	4.1	10:30	2.5	10:00	1.1	7:25	5:02	
3	Mon	5:14	5.3	5:10	3.7	11:40	2.0	10:48	1.7	7:25	5:03	
4	Tue	5:53	5.6	6:55	3.6			12:44	1.3	7:25	5:04	
5	Wed	6:34	5.9	8:31	3.8			1:40	0.6	7:25	5:05	
6	Thu	7:18	6.3	9:46	4.2	12:43	2.8	2:32	-0.2	7:25	5:06	
7	Fri	8:06	6.6	10:44	4.5	1:45	3.1	3:22	-0.9	7:25	5:06	
8	Sat	8:56	6.9	11:34	4.8	2:44	3.3	4:11	-1.4	7:25	5:07	
9	Sun	9:48	7.1			3:40	3.2	4:59	-1.7	7:25	5:08	
10	Mon	12:19	5.0	10:41 AM	7.2	4:35	3.1	5:47	-1.8	7:25	5:09	
11	Tue	1:02	5.1	11:34 AM	7.1	5:30	2.9	6:34	-1.7	7:24	5:10	
12	Wed	1:44	5.2	12:27	6.7	6:27	2.7	7:19	-1.4	7:24	5:11	
13	Thu	2:26	5.4	1:22	6.2	7:27	2.4	8:04	-0.9	7:24	5:12	
14	Fri	3:07	5.5	2:20	5.5	8:32	2.2	8:48	-0.2	7:24	5:13	
15	Sat	3:50	5.6	3:25	4.7	9:43	1.9	9:33	0.6	7:23	5:14	
16	Sun	4:33	5.7	4:45	4.1	10:58	1.6	10:22	1.4	7:23	5:15	
17	Mon	5:17	5.8	6:24	3.7			12:13	1.1	7:22	5:16	
18	Tue	6:04	5.9	8:06	3.8			1:20	0.7	7:22	5:17	
19	Wed	6:51	5.9	9:25	4.1	12:22	2.7	2:18	0.3	7:22	5:19	
20	Thu	7:38	6.0	10:22	4.4	1:28	3.1	3:07	0.0	7:21	5:20	
21	Fri	8:23	6.0	11:07	4.6	2:28	3.3	3:49	-0.3	7:21	5:21	
22	Sat	9:06	6.0	11:44	4.7	3:19	3.3	4:27	-0.4	7:20	5:22	
23	Sun	9:47	6.1			4:03	3.3	5:02	-0.5	7:19	5:23	
24	Mon	12:17	4.7	10:26 AM	6.1	4:42	3.2	5:33	-0.5	7:19	5:24	
25	Tue	12:46	4.7	11:03 AM	6.0	5:17	3.0	6:03	-0.5	7:18	5:25	
26	Wed	1:13	4.7	11:39 AM	5.9	5:52	2.9	6:32	-0.5	7:17	5:26	
27	Thu	1:38	4.8	12:16	5.7	6:28	2.7	7:00	-0.3	7:17	5:27	
28	Fri	2:04	4.9	12:53	5.4	7:07	2.5	7:29	0.0	7:16	5:28	
29	Sat	2:31	5.0	1:35	4.9	7:51	2.3	7:59	0.4	7:15	5:30	
30	Sun	2:59	5.2	2:25	4.5	8:42	2.1	8:31	1.0	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	3:30	5.3	3:31	4.0	9:40	1.7	9:08	1.6	7:14	5:32	