




Alcatraz Island, CA - Jan 2006

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:23	5.0	11:45 AM	6.9	5:42	3.1	6:48	-1.6	7:25	5:01	●
2	Mon	2:04	5.1	12:37	6.6	6:37	2.9	7:33	-1.4	7:25	5:02	●
3	Tue	2:46	5.2	1:32	6.1	7:37	2.7	8:18	-0.9	7:25	5:03	◐
4	Wed	3:27	5.4	2:32	5.4	8:45	2.4	9:04	-0.3	7:25	5:04	◑
5	Thu	4:10	5.6	3:43	4.7	10:01	2.0	9:51	0.5	7:25	5:04	◒
6	Fri	4:55	5.8	5:09	4.1	11:21	1.5	10:43	1.3	7:25	5:05	◓
7	Sat	5:41	6.1	6:49	3.8			12:36	0.9	7:25	5:06	◔
8	Sun	6:28	6.2	8:26	3.9			1:42	0.3	7:25	5:07	◕
9	Mon	7:16	6.4	9:42	4.3	12:44	2.7	2:39	-0.2	7:25	5:08	◖
10	Tue	8:04	6.4	10:40	4.6	1:48	3.0	3:28	-0.5	7:25	5:09	◗
11	Wed	8:50	6.4	11:27	4.8	2:47	3.3	4:12	-0.7	7:24	5:10	◘
12	Thu	9:35	6.4			3:40	3.3	4:51	-0.8	7:24	5:11	◙
13	Fri	12:08	4.9	10:16 AM	6.3	4:27	3.3	5:28	-0.7	7:24	5:12	◚
14	Sat	12:45	4.9	10:56 AM	6.2	5:10	3.2	6:02	-0.7	7:24	5:13	◛
15	Sun	1:18	4.8	11:33 AM	6.0	5:50	3.1	6:34	-0.6	7:23	5:14	◜
16	Mon	1:48	4.8	12:10	5.8	6:29	2.9	7:04	-0.4	7:23	5:15	◝
17	Tue	2:16	4.8	12:47	5.4	7:09	2.8	7:34	-0.1	7:23	5:16	◞
18	Wed	2:42	4.9	1:27	5.0	7:53	2.6	8:03	0.3	7:22	5:17	◟
19	Thu	3:09	5.0	2:11	4.5	8:43	2.5	8:34	0.8	7:22	5:18	◠
20	Fri	3:39	5.1	3:06	4.0	9:40	2.2	9:06	1.4	7:21	5:19	◡
21	Sat	4:11	5.2	4:21	3.6	10:44	1.9	9:44	2.0	7:21	5:20	◢
22	Sun	4:48	5.4	6:09	3.4	11:52	1.5	10:32	2.6	7:20	5:22	◣
23	Mon	5:31	5.6	8:07	3.5			12:55	0.9	7:20	5:23	◤
24	Tue	6:21	5.8	9:26	3.9			1:52	0.3	7:19	5:24	◥
25	Wed	7:15	6.1	10:18	4.3	12:54	3.4	2:44	-0.3	7:18	5:25	◦
26	Thu	8:10	6.4	10:59	4.6	2:01	3.5	3:32	-0.8	7:18	5:26	◧
27	Fri	9:04	6.7	11:36	4.8	2:59	3.4	4:17	-1.3	7:17	5:27	◨
28	Sat	9:56	6.9			3:51	3.1	5:02	-1.5	7:16	5:28	◩
29	Sun	12:12	5.0	10:48 AM	7.0	4:43	2.7	5:44	-1.6	7:15	5:29	◪

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Mon	12:48	5.2	11:40 AM	6.8	5:35	2.3	6:26	-1.4	7:15	5:30	
31	Tue	1:23	5.4	12:33	6.4	6:28	2.0	7:07	-1.0	7:14	5:32	