



































Alcatraz Island, CA - Jan 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:03	6.8	11:37	4.9	2:53	3.1	4:20	-1.1	7:25	5:01	
2	Tue	9:51	6.8			3:49	3.2	5:04	-1.2	7:25	5:02	
3	Wed	12:22	5.0	10:38 AM	6.7	4:41	3.2	5:46	-1.2	7:25	5:02	
4	Thu	1:04	5.0	11:22 AM	6.5	5:31	3.1	6:26	-1.0	7:25	5:03	
5	Fri	1:43	5.0	12:05	6.1	6:19	3.0	7:04	-0.8	7:25	5:04	
6	Sat	2:20	5.0	12:48	5.7	7:08	2.9	7:40	-0.4	7:25	5:05	
7	Sun	2:54	5.0	1:31	5.2	7:59	2.8	8:15	0.0	7:25	5:06	
8	Mon	3:27	5.0	2:17	4.7	8:55	2.6	8:50	0.6	7:25	5:07	
9	Tue	4:00	5.1	3:12	4.1	9:57	2.4	9:26	1.2	7:25	5:08	
10	Wed	4:33	5.2	4:25	3.6	11:04	2.1	10:05	1.8	7:25	5:09	
11	Thu	5:08	5.3	6:05	3.3			12:11	1.6	7:24	5:10	
12	Fri	5:47	5.5	8:00	3.4			1:11	1.2	7:24	5:11	
13	Sat	6:30	5.6	9:24	3.8			2:03	0.7	7:24	5:12	
14	Sun	7:16	5.8	10:17	4.1	12:58	3.3	2:48	0.2	7:24	5:13	
15	Mon	8:03	6.0	10:57	4.4	1:59	3.5	3:30	-0.3	7:23	5:14	
16	Tue	8:49	6.3	11:33	4.6	2:50	3.5	4:09	-0.7	7:23	5:15	
17	Wed	9:35	6.5			3:36	3.4	4:47	-1.0	7:23	5:16	
18	Thu	12:06	4.7	10:20 AM	6.6	4:20	3.2	5:25	-1.2	7:22	5:17	
19	Fri	12:39	4.9	11:06 AM	6.7	5:04	3.0	6:03	-1.3	7:22	5:18	
20	Sat	1:12	5.0	11:53 AM	6.5	5:51	2.7	6:41	-1.2	7:21	5:19	
21	Sun	1:45	5.2	12:41	6.2	6:41	2.3	7:19	-0.8	7:21	5:20	
22	Mon	2:19	5.4	1:35	5.6	7:36	2.0	7:58	-0.3	7:20	5:21	
23	Tue	2:55	5.6	2:35	5.0	8:38	1.7	8:39	0.5	7:20	5:22	
24	Wed	3:34	5.9	3:49	4.3	9:47	1.3	9:23	1.3	7:19	5:23	
25	Thu	4:17	6.1	5:23	3.8	11:03	0.9	10:15	2.1	7:18	5:25	
26	Fri	5:05	6.2	7:13	3.8			12:20	0.5	7:18	5:26	
27	Sat	6:01	6.3	8:47	4.1			1:31	0.0	7:17	5:27	
28	Sun	7:00	6.4	9:52	4.5	12:39	3.2	2:33	-0.4	7:16	5:28	
29	Mon	8:00	6.4	10:41	4.8	1:54	3.3	3:26	-0.7	7:16	5:29	
30	Tue	8:55	6.4	11:22	4.9	2:57	3.2	4:12	-0.8	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	9:45	6.4			3:51	3.0	4:53	-0.9	7:14	5:31	