



































Alcatraz Island, CA - Jan 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:10	5.6	7:48	3.6			1:18	1.1	7:25	5:01	
2	Wed	6:50	5.7	9:11	3.8	12:14	2.6	2:10	0.6	7:25	5:01	
3	Thu	7:30	5.8	10:11	4.1	1:13	3.0	2:56	0.2	7:25	5:02	
4	Fri	8:11	6.0	10:57	4.4	2:08	3.3	3:36	-0.1	7:25	5:03	
5	Sat	8:52	6.1	11:34	4.5	2:57	3.4	4:13	-0.3	7:25	5:04	
6	Sun	9:32	6.2			3:40	3.4	4:47	-0.6	7:25	5:05	
7	Mon	12:08	4.6	10:11 AM	6.3	4:19	3.3	5:21	-0.7	7:25	5:06	
8	Tue	12:39	4.7	10:50 AM	6.3	4:57	3.2	5:54	-0.8	7:25	5:07	
9	Wed	1:09	4.7	11:30 AM	6.2	5:35	3.1	6:26	-0.9	7:25	5:08	
10	Thu	1:39	4.8	12:10	6.0	6:15	2.9	7:00	-0.8	7:25	5:09	
11	Fri	2:10	5.0	12:52	5.7	7:00	2.7	7:34	-0.5	7:25	5:10	
12	Sat	2:42	5.1	1:40	5.3	7:52	2.4	8:10	-0.1	7:24	5:11	
13	Sun	3:15	5.3	2:37	4.7	8:51	2.1	8:49	0.6	7:24	5:12	
14	Mon	3:51	5.6	3:50	4.1	9:59	1.7	9:33	1.3	7:24	5:13	
15	Tue	4:32	5.8	5:27	3.7	11:13	1.2	10:24	2.0	7:23	5:14	
16	Wed	5:18	6.1	7:17	3.7			12:28	0.6	7:23	5:15	
17	Thu	6:11	6.3	8:50	4.0			1:35	0.0	7:23	5:16	
18	Fri	7:08	6.6	9:56	4.4	12:40	3.1	2:35	-0.6	7:22	5:17	
19	Sat	8:06	6.8	10:47	4.7	1:52	3.2	3:29	-1.0	7:22	5:18	
20	Sun	9:03	6.9	11:31	5.0	2:57	3.2	4:18	-1.3	7:21	5:19	
21	Mon	9:57	6.9			3:55	3.0	5:03	-1.4	7:21	5:20	
22	Tue	12:12	5.1	10:48 AM	6.8	4:48	2.7	5:45	-1.3	7:20	5:21	
23	Wed	12:49	5.2	11:36 AM	6.5	5:39	2.5	6:24	-1.0	7:20	5:22	
24	Thu	1:26	5.3	12:23	6.1	6:30	2.2	7:01	-0.6	7:19	5:23	
25	Fri	2:00	5.4	1:10	5.5	7:20	2.0	7:37	-0.1	7:19	5:24	
26	Sat	2:33	5.4	1:59	4.9	8:13	1.9	8:11	0.6	7:18	5:25	
27	Sun	3:06	5.5	2:54	4.3	9:09	1.7	8:47	1.3	7:17	5:27	
28	Mon	3:39	5.5	4:03	3.8	10:11	1.6	9:25	2.0	7:17	5:28	
29	Tue	4:16	5.5	5:39	3.4	11:18	1.4	10:12	2.6	7:16	5:29	
30	Wed	4:57	5.5	7:42	3.5			12:27	1.1	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	5:47	5.5	9:09	3.8			1:29	0.8	7:14	5:31	