



































Alcatraz Island, CA - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:11	4.9	2:00	4.8	8:26	2.7	8:33	0.3	7:25	5:01	
2	Fri	3:44	5.1	2:56	4.3	9:25	2.4	9:11	0.9	7:25	5:02	
3	Sat	4:19	5.3	4:11	3.9	10:34	2.0	9:55	1.5	7:25	5:03	
4	Sun	4:59	5.6	5:50	3.6	11:44	1.5	10:47	2.1	7:25	5:04	
5	Mon	5:42	5.9	7:36	3.7			12:51	0.8	7:25	5:05	
6	Tue	6:31	6.2	9:02	4.0			1:50	0.1	7:25	5:06	
7	Wed	7:24	6.5	10:05	4.4	12:58	3.0	2:45	-0.6	7:25	5:06	
8	Thu	8:18	6.9	10:56	4.7	2:03	3.1	3:36	-1.2	7:25	5:07	
9	Fri	9:13	7.1	11:41	5.0	3:04	3.1	4:25	-1.5	7:25	5:08	
10	Sat	10:07	7.2			4:01	2.9	5:12	-1.7	7:25	5:09	
11	Sun	12:23	5.2	11:00 AM	7.1	4:56	2.7	5:57	-1.6	7:24	5:10	
12	Mon	1:04	5.3	11:53 AM	6.8	5:51	2.4	6:41	-1.4	7:24	5:11	
13	Tue	1:44	5.5	12:46	6.3	6:48	2.2	7:23	-0.9	7:24	5:12	
14	Wed	2:23	5.6	1:40	5.7	7:47	1.9	8:04	-0.3	7:24	5:13	
15	Thu	3:03	5.7	2:39	5.0	8:50	1.7	8:46	0.5	7:23	5:14	
16	Fri	3:44	5.8	3:47	4.3	9:58	1.5	9:30	1.3	7:23	5:15	
17	Sat	4:27	5.8	5:13	3.8	11:11	1.2	10:21	2.0	7:22	5:16	
18	Sun	5:12	5.8	6:59	3.6			12:22	0.9	7:22	5:17	
19	Mon	6:01	5.8	8:36	3.9			1:27	0.6	7:22	5:19	
20	Tue	6:52	5.8	9:42	4.2	12:34	3.1	2:23	0.3	7:21	5:20	
21	Wed	7:42	5.9	10:29	4.4	1:41	3.3	3:10	0.0	7:21	5:21	
22	Thu	8:29	5.9	11:07	4.6	2:38	3.3	3:51	-0.2	7:20	5:22	
23	Fri	9:13	6.0	11:39	4.7	3:26	3.2	4:27	-0.3	7:19	5:23	
24	Sat	9:53	6.1			4:06	3.1	4:59	-0.5	7:19	5:24	
25	Sun	12:07	4.7	10:32 AM	6.0	4:43	2.9	5:29	-0.5	7:18	5:25	
26	Mon	12:33	4.8	11:09 AM	6.0	5:18	2.7	5:57	-0.5	7:17	5:26	
27	Tue	12:57	4.9	11:46 AM	5.8	5:53	2.5	6:25	-0.3	7:17	5:27	
28	Wed	1:22	5.0	12:25	5.5	6:31	2.3	6:53	-0.1	7:16	5:28	
29	Thu	1:48	5.2	1:06	5.1	7:11	2.1	7:23	0.3	7:15	5:30	
30	Fri	2:16	5.3	1:53	4.7	7:57	1.8	7:55	0.8	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	2:46	5.5	2:51	4.2	8:50	1.5	8:30	1.4	7:14	5:32	