US HARBORS www.USHarbors.com

Alcatraz Island, CA - Sep 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:36	4.8	10:24	5.8	4:38	0.2	4:35	2.6	6:40	7:38	
2	Wed			12:00	4.9	5:10	0.2	5:11	2.3	6:40	7:37	
3	Thu			12:23	5.1	5:39	0.3	5:45	2.0	6:41	7:35	
4	Fri			12:45	5.2	6:06	0.4	6:19	1.7	6:42	7:34	
5	Sat	12:26	5.5	1:08	5.4	6:33	0.7	6:54	1.4	6:43	7:32	
6	Sun	1:08	5.3	1:33	5.6	7:01	1.0	7:31	1.1	6:44	7:31	
7	Mon	1:53	5.0	2:00	5.8	7:30	1.5	8:11	0.9	6:45	7:29	
8	Tue	2:43	4.7	2:31	5.9	8:02	1.9	8:58	0.7	6:45	7:28	
9	Wed	3:42	4.4	3:07	6.0	8:38	2.4	9:52	0.6	6:46	7:26	
10	Thu	4:56	4.1	3:53	6.0	9:22	2.9	10:58	0.5	6:47	7:25	
11	Fri	6:28	4.0	4:51	5.9	10:22	3.3			6:48	7:23	
12	Sat	7:59	4.1	6:02	5.9	12:13	0.3	11:49 AM	3.5	6:49	7:22	
13	Sun	9:04	4.4	7:17	6.0	1:28	0.1	1:19	3.3	6:50	7:20	
14	Mon	9:51	4.7	8:28	6.1	2:33	-0.1	2:32	2.9	6:51	7:19	
15	Tue	10:30	5.1	9:33	6.2	3:27	-0.3	3:32	2.3	6:51	7:17	
16	Wed	11:05	5.4	10:33	6.2	4:14	-0.3	4:25	1.7	6:52	7:15	
17	Thu	11:40	5.7	11:29	6.1	4:56	-0.2	5:15	1.1	6:53	7:14	
18	Fri			12:13	6.0	5:36	0.2	6:03	0.6	6:54	7:12	
19	Sat	12:24	5.9	12:47	6.2	6:15	0.6	6:51	0.2	6:55	7:11	
20	Sun	1:18	5.5	1:20	6.3	6:53	1.2	7:38	0.1	6:56	7:09	
21	Mon	2:14	5.2	1:55	6.2	7:33	1.8	8:26	0.0	6:56	7:08	
22	Tue	3:13	4.8	2:31	6.1	8:14	2.4	9:16	0.2	6:57	7:06	
23	Wed	4:18	4.5	3:11	5.8	9:01	2.9	10:12	0.4	6:58	7:05	
24	Thu	5:33	4.3	3:59	5.6	9:59	3.3	11:16	0.6	6:59	7:03	
25	Fri	6:59	4.3	4:57	5.3	11:20	3.5			7:00	7:01	
26	Sat	8:15	4.4	6:05	5.1	12:26	0.7	12:47	3.5	7:01	7:00	
27	Sun	9:08	4.5	7:15	5.0	1:33	0.7	1:57	3.2	7:02	6:58	
28	Mon	9:45	4.7	8:19	5.1	2:29	0.6	2:51	2.8	7:03	6:57	
29	Tue	10:14	4.8	9:15	5.1	3:14	0.6	3:35	2.4	7:03	6:55	
30	Wed	10:39	5.0	10:04	5.2	3:51	0.6	4:14	2.0	7:04	6:54	