


































## Alcatraz Island, CA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:40	5.1	11:14 AM	7.0	5:09	2.8	6:10	-1.6	7:25	5:01	
2	Sat	1:21	5.2	12:06	6.8	6:04	2.5	6:54	-1.4	7:25	5:02	
3	Sun	2:01	5.4	1:00	6.3	7:01	2.3	7:38	-1.0	7:25	5:03	
4	Mon	2:43	5.6	1:57	5.7	8:04	2.0	8:23	-0.4	7:25	5:04	
5	Tue	3:26	5.8	3:01	5.0	9:12	1.8	9:09	0.3	7:25	5:04	
6	Wed	4:11	5.9	4:17	4.3	10:27	1.4	9:59	1.1	7:25	5:05	
7	Thu	4:58	6.1	5:50	3.9	11:44	1.0	10:56	1.9	7:25	5:06	
8	Fri	5:48	6.2	7:30	3.8			12:55	0.6	7:25	5:07	
9	Sat	6:40	6.2	8:55	4.1	12:01	2.5	1:58	0.2	7:25	5:08	
10	Sun	7:32	6.3	9:59	4.4	1:09	2.9	2:52	-0.2	7:25	5:09	
11	Mon	8:21	6.3	10:48	4.6	2:13	3.1	3:38	-0.4	7:24	5:10	
12	Tue	9:06	6.3	11:30	4.8	3:08	3.1	4:19	-0.5	7:24	5:11	
13	Wed	9:49	6.2			3:56	3.1	4:55	-0.6	7:24	5:12	
14	Thu	12:06	4.8	10:28 AM	6.1	4:38	3.0	5:28	-0.6	7:24	5:13	
15	Fri	12:37	4.8	11:05 AM	6.0	5:17	2.9	5:59	-0.5	7:23	5:14	
16	Sat	1:06	4.9	11:42 AM	5.8	5:54	2.7	6:28	-0.4	7:23	5:15	
17	Sun	1:32	4.9	12:18	5.5	6:31	2.6	6:56	-0.1	7:23	5:16	
18	Mon	1:57	5.0	12:55	5.2	7:11	2.5	7:25	0.2	7:22	5:17	
19	Tue	2:23	5.1	1:36	4.8	7:53	2.3	7:54	0.6	7:22	5:18	
20	Wed	2:51	5.2	2:23	4.3	8:41	2.1	8:26	1.1	7:21	5:19	
21	Thu	3:23	5.3	3:24	3.9	9:37	1.9	9:02	1.7	7:21	5:20	
22	Fri	3:59	5.5	4:49	3.5	10:42	1.6	9:45	2.3	7:20	5:22	
23	Sat	4:42	5.6	6:39	3.4	11:52	1.2	10:43	2.8	7:20	5:23	
24	Sun	5:33	5.8	8:19	3.7			12:59	0.6	7:19	5:24	
25	Mon	6:29	6.0	9:24	4.1			1:58	0.0	7:18	5:25	
26	Tue	7:28	6.3	10:12	4.4	1:12	3.2	2:50	-0.5	7:18	5:26	
27	Wed	8:26	6.6	10:52	4.7	2:17	3.1	3:38	-1.0	7:17	5:27	
28	Thu	9:21	6.9	11:30	5.0	3:14	2.9	4:23	-1.3	7:16	5:28	
29	Fri	10:15	7.0			4:08	2.5	5:07	-1.4	7:15	5:29	
30	Sat	12:07	5.3	11:08 AM	6.9	5:01	2.1	5:49	-1.3	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Sun	<b>12:44</b>	5.5	<b>12:01</b>	6.6	<b>5:54</b>	1.7	<b>6:29</b>	-1.0	7:14	5:32	