

































Alcatraz Island, CA - Jan 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:40	6.7	10:56	4.8	2:24	2.8	3:49	-0.8	7:25	5:01	
2	Sun	9:28	6.7	11:41	4.9	3:20	2.9	4:32	-1.0	7:25	5:02	
3	Mon	10:13	6.6			4:12	2.9	5:13	-1.0	7:25	5:02	
4	Tue	12:23	5.0	10:56 AM	6.4	5:00	2.8	5:51	-0.9	7:25	5:03	
5	Wed	1:01	5.1	11:37 AM	6.1	5:46	2.8	6:26	-0.7	7:25	5:04	
6	Thu	1:36	5.1	12:17	5.8	6:30	2.7	7:00	-0.4	7:25	5:05	
7	Fri	2:08	5.1	12:57	5.4	7:15	2.6	7:34	-0.1	7:25	5:06	
8	Sat	2:39	5.1	1:39	5.0	8:03	2.5	8:07	0.4	7:25	5:07	
9	Sun	3:10	5.1	2:26	4.5	8:55	2.4	8:41	0.9	7:25	5:08	
10	Mon	3:42	5.2	3:23	4.0	9:55	2.2	9:18	1.4	7:25	5:09	
11	Tue	4:18	5.3	4:39	3.6	11:02	1.9	10:01	2.0	7:24	5:10	
12	Wed	4:58	5.4	6:19	3.4			12:09	1.5	7:24	5:11	
13	Thu	5:43	5.6	8:00	3.5			1:10	1.1	7:24	5:12	
14	Fri	6:32	5.7	9:12	3.8	12:00	2.9	2:01	0.6	7:24	5:13	
15	Sat	7:22	6.0	10:02	4.2	1:06	3.1	2:47	0.1	7:23	5:14	
16	Sun	8:11	6.2	10:43	4.5	2:04	3.2	3:28	-0.4	7:23	5:15	
17	Mon	8:59	6.5	11:20	4.7	2:56	3.1	4:08	-0.8	7:23	5:16	
18	Tue	9:47	6.6	11:55	4.9	3:43	2.9	4:47	-1.1	7:22	5:17	
19	Wed	10:35	6.7			4:30	2.6	5:26	-1.2	7:22	5:18	
20	Thu	12:30	5.1	11:23 AM	6.7	5:18	2.3	6:05	-1.2	7:21	5:19	
21	Fri	1:05	5.4	12:13	6.4	6:08	2.0	6:44	-0.9	7:21	5:20	
22	Sat	1:42	5.6	1:05	6.0	7:01	1.7	7:24	-0.4	7:20	5:21	
23	Sun	2:20	5.8	2:02	5.4	7:59	1.4	8:06	0.2	7:20	5:22	
24	Mon	3:00	6.0	3:08	4.7	9:03	1.2	8:51	0.9	7:19	5:23	
25	Tue	3:45	6.1	4:28	4.1	10:15	0.9	9:42	1.7	7:18	5:25	
26	Wed	4:35	6.2	6:05	3.9	11:32	0.6	10:45	2.3	7:18	5:26	
27	Thu	5:31	6.2	7:44	4.0			12:47	0.3	7:17	5:27	
28	Fri	6:31	6.2	9:00	4.3	12:01	2.8	1:53	-0.1	7:16	5:28	
29	Sat	7:32	6.3	9:57	4.6	1:18	3.0	2:50	-0.3	7:16	5:29	
30	Sun	8:28	6.3	10:42	4.8	2:24	2.9	3:37	-0.5	7:15	5:30	
31	Mon	9:19	6.3	11:21	5.0	3:20	2.8	4:19	-0.6	7:14	5:31	