


































Alcatraz Island, CA - Jan 2012

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:27	5.4	6:20	3.6			12:24	1.6	7:25	5:01	
2	Mon	6:10	5.5	7:54	3.6			1:23	1.1	7:25	5:01	
3	Tue	6:54	5.7	9:06	3.9	12:24	2.6	2:14	0.7	7:25	5:02	
4	Wed	7:37	5.8	10:00	4.1	1:23	2.8	2:58	0.3	7:25	5:03	
5	Thu	8:19	6.0	10:43	4.4	2:15	3.0	3:36	0.0	7:25	5:04	
6	Fri	9:00	6.1	11:20	4.5	3:02	3.0	4:12	-0.3	7:25	5:05	
7	Sat	9:41	6.3	11:54	4.7	3:44	3.0	4:45	-0.5	7:25	5:06	
8	Sun	10:21	6.3			4:24	2.9	5:18	-0.7	7:25	5:07	
9	Mon	12:27	4.8	11:02 AM	6.3	5:03	2.8	5:51	-0.8	7:25	5:08	
10	Tue	12:59	5.0	11:43 AM	6.2	5:44	2.6	6:26	-0.8	7:25	5:09	
11	Wed	1:32	5.1	12:26	6.0	6:29	2.4	7:01	-0.6	7:24	5:10	
12	Thu	2:06	5.3	1:14	5.6	7:18	2.2	7:39	-0.3	7:24	5:11	
13	Fri	2:43	5.5	2:07	5.1	8:13	2.0	8:19	0.2	7:24	5:12	
14	Sat	3:22	5.7	3:11	4.6	9:15	1.7	9:04	0.9	7:24	5:13	
15	Sun	4:05	5.9	4:31	4.1	10:27	1.3	9:55	1.5	7:23	5:14	
16	Mon	4:54	6.1	6:08	3.8	11:42	0.9	10:56	2.1	7:23	5:15	
17	Tue	5:48	6.2	7:44	3.9			12:55	0.4	7:23	5:16	
18	Wed	6:46	6.4	9:01	4.3	12:08	2.6	1:58	-0.2	7:22	5:17	
19	Thu	7:44	6.6	10:00	4.6	1:20	2.8	2:54	-0.6	7:22	5:18	
20	Fri	8:40	6.7	10:49	4.9	2:26	2.8	3:44	-0.9	7:21	5:19	
21	Sat	9:33	6.7	11:32	5.1	3:25	2.7	4:29	-1.0	7:21	5:20	
22	Sun	10:22	6.7			4:18	2.5	5:11	-1.0	7:20	5:21	
23	Mon	12:11	5.3	11:09 AM	6.5	5:08	2.3	5:50	-0.9	7:20	5:22	
24	Tue	12:48	5.4	11:55 AM	6.1	5:56	2.1	6:27	-0.6	7:19	5:23	
25	Wed	1:23	5.4	12:39	5.7	6:43	2.0	7:02	-0.2	7:19	5:24	
26	Thu	1:56	5.4	1:24	5.2	7:30	1.9	7:37	0.3	7:18	5:25	
27	Fri	2:29	5.4	2:11	4.7	8:19	1.8	8:13	0.9	7:17	5:27	
28	Sat	3:02	5.4	3:05	4.2	9:13	1.7	8:50	1.5	7:16	5:28	
29	Sun	3:37	5.4	4:12	3.7	10:14	1.6	9:32	2.0	7:16	5:29	
30	Mon	4:17	5.4	5:43	3.5	11:22	1.5	10:25	2.5	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	5:04	5.4	7:29	3.5			12:30	1.2	7:14	5:31	