

































Alcatraz Island, CA - Jan 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:38	5.0	1:30	5.2	7:46	2.6	8:01	0.1	7:25	5:01	
2	Wed	3:13	5.2	2:20	4.8	8:39	2.4	8:41	0.5	7:25	5:02	
3	Thu	3:52	5.3	3:21	4.3	9:42	2.2	9:25	1.0	7:25	5:03	
4	Fri	4:34	5.5	4:41	3.9	10:52	1.8	10:17	1.5	7:25	5:04	
5	Sat	5:20	5.8	6:17	3.8			12:03	1.2	7:25	5:05	
6	Sun	6:11	6.1	7:50	3.9			1:09	0.6	7:25	5:06	
7	Mon	7:04	6.4	9:04	4.2	12:24	2.4	2:07	-0.1	7:25	5:06	
8	Tue	7:57	6.7	10:04	4.6	1:30	2.6	3:00	-0.7	7:25	5:07	
9	Wed	8:51	6.9	10:55	4.9	2:32	2.6	3:50	-1.1	7:25	5:08	
10	Thu	9:43	7.1	11:41	5.2	3:30	2.5	4:37	-1.4	7:25	5:09	
11	Fri	10:35	7.0			4:25	2.4	5:23	-1.4	7:24	5:10	
12	Sat	12:25	5.4	11:26 AM	6.9	5:19	2.2	6:07	-1.3	7:24	5:11	
13	Sun	1:07	5.5	12:17	6.5	6:13	2.0	6:50	-1.0	7:24	5:12	
14	Mon	1:48	5.7	1:08	6.0	7:09	1.9	7:32	-0.5	7:24	5:13	
15	Tue	2:30	5.7	2:01	5.4	8:07	1.8	8:15	0.1	7:23	5:14	
16	Wed	3:11	5.7	2:59	4.7	9:09	1.7	8:59	0.7	7:23	5:15	
17	Thu	3:54	5.7	4:08	4.2	10:16	1.6	9:48	1.4	7:22	5:16	
18	Fri	4:40	5.7	5:32	3.8	11:28	1.4	10:44	2.0	7:22	5:18	
19	Sat	5:28	5.6	7:09	3.7			12:37	1.1	7:22	5:19	
20	Sun	6:18	5.7	8:32	3.9			1:38	0.8	7:21	5:20	
21	Mon	7:08	5.7	9:31	4.2	12:54	2.8	2:30	0.5	7:21	5:21	
22	Tue	7:56	5.8	10:17	4.4	1:54	2.9	3:13	0.2	7:20	5:22	
23	Wed	8:40	5.9	10:54	4.6	2:45	2.9	3:51	0.0	7:19	5:23	
24	Thu	9:22	6.0	11:26	4.7	3:29	2.8	4:25	-0.2	7:19	5:24	
25	Fri	10:02	6.0	11:56	4.8	4:09	2.7	4:56	-0.3	7:18	5:25	
26	Sat	10:40	6.0			4:46	2.6	5:26	-0.4	7:17	5:26	
27	Sun	12:24	4.9	11:19 AM	5.9	5:22	2.4	5:55	-0.3	7:17	5:27	
28	Mon	12:52	5.1	11:58 AM	5.8	5:59	2.2	6:26	-0.2	7:16	5:29	
29	Tue	1:22	5.2	12:39	5.5	6:39	2.0	6:57	0.0	7:15	5:30	
30	Wed	1:53	5.4	1:23	5.2	7:23	1.8	7:32	0.4	7:14	5:31	
31	Thu	2:26	5.5	2:14	4.7	8:12	1.6	8:09	0.9	7:14	5:32	