


































Alcatraz Island, CA - Jan 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:49	7.1			4:38	2.4	5:37	-1.6	7:25	5:01	
2	Thu	12:42	5.3	11:40 AM	6.9	5:31	2.3	6:23	-1.5	7:25	5:02	
3	Fri	1:26	5.5	12:32	6.6	6:27	2.2	7:09	-1.2	7:25	5:03	
4	Sat	2:11	5.6	1:27	6.1	7:26	2.0	7:55	-0.8	7:25	5:04	
5	Sun	2:57	5.8	2:25	5.5	8:30	1.9	8:43	-0.2	7:25	5:04	
6	Mon	3:45	5.8	3:32	4.8	9:41	1.7	9:34	0.5	7:25	5:05	
7	Tue	4:34	5.9	4:49	4.3	10:58	1.5	10:30	1.2	7:25	5:06	
8	Wed	5:26	6.0	6:19	4.0			12:13	1.1	7:25	5:07	
9	Thu	6:18	6.0	7:48	4.0			1:20	0.7	7:25	5:08	
10	Fri	7:10	6.1	9:01	4.2	12:37	2.2	2:18	0.4	7:25	5:09	
11	Sat	7:58	6.1	9:59	4.5	1:39	2.5	3:07	0.1	7:24	5:10	
12	Sun	8:42	6.1	10:46	4.7	2:34	2.7	3:49	-0.2	7:24	5:11	
13	Mon	9:23	6.1	11:26	4.8	3:23	2.7	4:25	-0.3	7:24	5:12	
14	Tue	10:02	6.1			4:06	2.7	4:59	-0.3	7:24	5:13	
15	Wed	12:02	4.8	10:38 AM	6.0	4:46	2.7	5:30	-0.3	7:23	5:14	
16	Thu	12:33	4.9	11:14 AM	5.9	5:23	2.6	6:00	-0.3	7:23	5:15	
17	Fri	1:02	4.9	11:50 AM	5.8	6:00	2.5	6:29	-0.2	7:23	5:16	
18	Sat	1:31	5.0	12:26	5.5	6:36	2.5	6:58	0.0	7:22	5:17	
19	Sun	2:00	5.1	1:04	5.2	7:16	2.3	7:29	0.2	7:22	5:18	
20	Mon	2:30	5.1	1:46	4.9	7:59	2.2	8:02	0.6	7:21	5:19	
21	Tue	3:04	5.2	2:35	4.4	8:49	2.1	8:39	1.0	7:21	5:20	
22	Wed	3:41	5.4	3:37	4.0	9:48	1.9	9:22	1.5	7:20	5:22	
23	Thu	4:23	5.5	5:00	3.7	10:55	1.6	10:14	2.0	7:19	5:23	
24	Fri	5:12	5.7	6:39	3.7			12:05	1.1	7:19	5:24	
25	Sat	6:06	5.9	8:06	3.9			1:10	0.5	7:18	5:25	
26	Sun	7:02	6.2	9:12	4.3	12:30	2.6	2:07	-0.1	7:18	5:26	
27	Mon	7:59	6.5	10:04	4.6	1:38	2.7	2:59	-0.6	7:17	5:27	
28	Tue	8:54	6.7	10:50	5.0	2:39	2.6	3:48	-1.0	7:16	5:28	
29	Wed	9:48	6.9	11:32	5.3	3:35	2.3	4:34	-1.2	7:15	5:29	
30	Thu	10:40	6.9			4:29	2.0	5:18	-1.3	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	12:13	5.5	11:33 AM	6.8	5:22	1.7	6:02	-1.1	7:14	5:32	