






























Alcatraz Island, CA - Jan 2015

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:24	6.5	10:12	4.7	1:58	2.2	3:23	-0.3	7:25	5:01	
2	Fri	9:09	6.5	11:03	4.9	2:53	2.4	4:07	-0.5	7:25	5:02	
3	Sat	9:51	6.5	11:48	5.0	3:43	2.6	4:47	-0.6	7:25	5:02	
4	Sun	10:31	6.4			4:30	2.6	5:24	-0.7	7:25	5:03	
5	Mon	12:29	5.0	11:09 AM	6.2	5:14	2.7	5:59	-0.6	7:25	5:04	
6	Tue	1:06	5.0	11:47 AM	6.0	5:56	2.7	6:32	-0.4	7:25	5:05	
7	Wed	1:41	5.0	12:24	5.7	6:38	2.6	7:05	-0.2	7:25	5:06	
8	Thu	2:14	5.0	1:02	5.4	7:21	2.6	7:39	0.0	7:25	5:07	
9	Fri	2:47	5.0	1:42	5.0	8:07	2.6	8:13	0.4	7:25	5:08	
10	Sat	3:21	5.0	2:27	4.5	8:59	2.5	8:50	0.8	7:25	5:09	
11	Sun	3:58	5.1	3:23	4.1	9:59	2.3	9:31	1.3	7:24	5:10	
12	Mon	4:38	5.2	4:35	3.7	11:06	2.1	10:18	1.7	7:24	5:11	
13	Tue	5:22	5.3	6:06	3.6			12:12	1.7	7:24	5:12	
14	Wed	6:08	5.5	7:37	3.7			1:11	1.2	7:24	5:13	
15	Thu	6:56	5.8	8:50	3.9	12:18	2.5	2:02	0.6	7:23	5:14	
16	Fri	7:44	6.1	9:46	4.3	1:19	2.7	2:47	0.1	7:23	5:15	
17	Sat	8:32	6.3	10:33	4.6	2:15	2.7	3:30	-0.4	7:23	5:16	
18	Sun	9:19	6.6	11:16	4.9	3:06	2.7	4:12	-0.9	7:22	5:17	
19	Mon	10:07	6.8	11:57	5.1	3:56	2.5	4:54	-1.2	7:22	5:18	
20	Tue	10:55	6.8			4:45	2.3	5:37	-1.3	7:21	5:19	
21	Wed	12:37	5.4	11:45 AM	6.7	5:35	2.1	6:20	-1.2	7:21	5:20	
22	Thu	1:18	5.6	12:36	6.4	6:28	1.9	7:03	-0.9	7:20	5:21	
23	Fri	2:00	5.7	1:31	6.0	7:24	1.7	7:48	-0.5	7:20	5:22	
24	Sat	2:43	5.9	2:30	5.4	8:25	1.5	8:35	0.2	7:19	5:24	
25	Sun	3:29	6.0	3:38	4.7	9:34	1.3	9:26	0.8	7:18	5:25	
26	Mon	4:19	6.0	4:59	4.2	10:49	1.1	10:25	1.5	7:18	5:26	
27	Tue	5:13	6.1	6:31	4.0			12:06	0.8	7:17	5:27	
28	Wed	6:10	6.1	7:59	4.2			1:17	0.5	7:16	5:28	
29	Thu	7:08	6.1	9:08	4.4	12:43	2.4	2:17	0.1	7:16	5:29	
30	Fri	8:02	6.1	10:03	4.7	1:49	2.6	3:08	-0.1	7:15	5:30	
31	Sat	8:52	6.2	10:48	4.9	2:47	2.6	3:52	-0.3	7:14	5:31	