

































## Alcatraz Island, CA - Jan 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:08	5.2	4:44	3.9	11:27	2.2	10:46	1.5	7:25	5:01	
2	Sat	5:51	5.3	6:10	3.6			12:32	1.9	7:25	5:01	
3	Sun	6:33	5.4	7:37	3.7			1:29	1.4	7:25	5:02	
4	Mon	7:15	5.6	8:50	3.9	12:38	2.2	2:17	0.9	7:25	5:03	
5	Tue	7:55	5.8	9:46	4.1	1:32	2.5	2:59	0.5	7:25	5:04	
6	Wed	8:35	6.0	10:32	4.4	2:21	2.6	3:36	0.1	7:25	5:05	
7	Thu	9:14	6.2	11:13	4.6	3:06	2.7	4:12	-0.3	7:25	5:06	
8	Fri	9:54	6.3	11:52	4.8	3:48	2.8	4:47	-0.6	7:25	5:07	
9	Sat	10:34	6.4			4:29	2.7	5:23	-0.9	7:25	5:08	
10	Sun	12:30	5.0	11:16 AM	6.5	5:11	2.7	6:01	-1.0	7:25	5:09	
11	Mon	1:08	5.1	11:59 AM	6.4	5:55	2.5	6:40	-1.0	7:24	5:10	
12	Tue	1:46	5.2	12:46	6.1	6:43	2.4	7:21	-0.8	7:24	5:11	
13	Wed	2:26	5.4	1:36	5.7	7:36	2.3	8:04	-0.4	7:24	5:12	
14	Thu	3:08	5.5	2:33	5.2	8:37	2.1	8:50	0.1	7:24	5:13	
15	Fri	3:54	5.7	3:42	4.7	9:46	1.8	9:42	0.7	7:23	5:14	
16	Sat	4:43	5.8	5:05	4.2	11:03	1.5	10:39	1.3	7:23	5:15	
17	Sun	5:35	6.0	6:38	4.0			12:19	1.0	7:23	5:16	
18	Mon	6:30	6.2	8:05	4.2			1:28	0.4	7:22	5:17	
19	Tue	7:25	6.4	9:17	4.5	12:52	2.2	2:27	-0.1	7:22	5:18	
20	Wed	8:17	6.5	10:14	4.8	1:56	2.4	3:18	-0.5	7:21	5:19	
21	Thu	9:08	6.6	11:03	5.0	2:55	2.5	4:05	-0.7	7:21	5:20	
22	Fri	9:55	6.6	11:47	5.2	3:48	2.5	4:47	-0.8	7:20	5:21	
23	Sat	10:40	6.5			4:38	2.4	5:26	-0.8	7:20	5:22	
24	Sun	12:28	5.2	11:22 AM	6.3	5:24	2.3	6:04	-0.7	7:19	5:23	
25	Mon	1:05	5.3	12:04	6.0	6:09	2.3	6:39	-0.4	7:19	5:24	
26	Tue	1:40	5.3	12:44	5.6	6:53	2.2	7:14	-0.1	7:18	5:25	
27	Wed	2:14	5.2	1:25	5.2	7:38	2.2	7:49	0.3	7:17	5:27	
28	Thu	2:47	5.2	2:09	4.7	8:26	2.1	8:25	0.8	7:16	5:28	
29	Fri	3:21	5.2	2:59	4.3	9:19	2.1	9:03	1.3	7:16	5:29	
30	Sat	3:58	5.2	4:02	3.9	10:21	1.9	9:47	1.8	7:15	5:30	
31	Sun	4:40	5.2	5:26	3.6	11:28	1.7	10:41	2.3	7:14	5:31	