



Alcatraz Island, CA - Jan 2019

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:02	6.3	9:37	4.4	1:26	2.0	2:57	0.1	7:25	5:01	☾
2	Wed	8:44	6.4	10:36	4.6	2:20	2.3	3:42	-0.3	7:25	5:02	☾
3	Thu	9:23	6.4	11:25	4.7	3:10	2.6	4:23	-0.5	7:25	5:03	☾
4	Fri	10:00	6.4			3:57	2.8	5:00	-0.6	7:25	5:03	☾
5	Sat	12:10	4.8	10:37 AM	6.3	4:40	3.0	5:35	-0.7	7:25	5:04	☾
6	Sun	12:49	4.9	11:12 AM	6.1	5:21	3.0	6:09	-0.6	7:25	5:05	☾
7	Mon	1:25	4.8	11:48 AM	6.0	6:01	3.1	6:42	-0.5	7:25	5:06	☾
8	Tue	1:59	4.8	12:23	5.7	6:40	3.0	7:16	-0.3	7:25	5:07	☾
9	Wed	2:32	4.8	1:01	5.4	7:21	3.0	7:50	-0.1	7:25	5:08	☾
10	Thu	3:05	4.8	1:41	5.1	8:07	2.9	8:26	0.2	7:25	5:09	☾
11	Fri	3:39	4.9	2:27	4.6	9:01	2.8	9:04	0.6	7:24	5:10	☾
12	Sat	4:16	5.0	3:23	4.2	10:04	2.6	9:46	1.0	7:24	5:11	☾
13	Sun	4:55	5.1	4:39	3.8	11:13	2.3	10:34	1.5	7:24	5:12	☾
14	Mon	5:37	5.3	6:13	3.6			12:20	1.8	7:24	5:13	☾
15	Tue	6:20	5.6	7:47	3.7			1:18	1.2	7:23	5:14	☾
16	Wed	7:05	5.9	9:03	4.0	12:29	2.4	2:09	0.5	7:23	5:15	☾
17	Thu	7:52	6.2	10:03	4.4	1:29	2.7	2:57	-0.2	7:23	5:16	☾
18	Fri	8:39	6.6	10:53	4.7	2:25	2.8	3:42	-0.8	7:22	5:17	☾
19	Sat	9:28	6.8	11:40	5.0	3:18	2.8	4:28	-1.2	7:22	5:18	☾
20	Sun	10:17	7.0			4:10	2.7	5:13	-1.5	7:21	5:19	☾
21	Mon	12:23	5.2	11:07 AM	7.1	5:01	2.6	5:59	-1.6	7:21	5:20	☾
22	Tue	1:06	5.3	11:58 AM	6.9	5:54	2.4	6:44	-1.4	7:20	5:21	☾
23	Wed	1:49	5.5	12:51	6.5	6:49	2.2	7:30	-1.1	7:20	5:22	☾
24	Thu	2:32	5.6	1:47	6.0	7:48	2.0	8:16	-0.5	7:19	5:24	☾
25	Fri	3:16	5.7	2:48	5.3	8:54	1.8	9:04	0.2	7:18	5:25	☾
26	Sat	4:03	5.8	3:59	4.6	10:06	1.6	9:55	0.9	7:18	5:26	☾
27	Sun	4:52	5.9	5:25	4.1	11:22	1.3	10:54	1.6	7:17	5:27	☾
28	Mon	5:43	5.9	7:02	4.0			12:36	0.9	7:16	5:28	☾
29	Tue	6:36	6.0	8:30	4.1			1:42	0.5	7:15	5:29	☾
30	Wed	7:28	6.0	9:37	4.4	1:07	2.6	2:38	0.1	7:15	5:30	☾

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	8:16	6.1	10:29	4.6	2:09	2.8	3:25	-0.2	7:14	5:31	