



Alcatraz Island, CA - Jan 2020

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:42	4.9	3:28	4.3	10:26	2.8	10:05	0.9	7:25	5:01	☾
2	Thu	5:21	5.0	4:41	3.8	11:37	2.5	10:53	1.4	7:25	5:01	☾
3	Fri	5:59	5.2	6:10	3.6			12:42	2.0	7:25	5:02	☾
4	Sat	6:37	5.4	7:41	3.6			1:36	1.5	7:25	5:03	☾
5	Sun	7:15	5.6	8:58	3.8	12:38	2.2	2:22	0.9	7:25	5:04	☾
6	Mon	7:53	5.9	9:58	4.1	1:30	2.6	3:02	0.3	7:25	5:05	☾
7	Tue	8:32	6.1	10:48	4.4	2:19	2.8	3:40	-0.2	7:25	5:06	☾
8	Wed	9:12	6.4	11:32	4.7	3:05	3.0	4:18	-0.6	7:25	5:07	☾
9	Thu	9:53	6.6			3:50	3.1	4:57	-1.0	7:25	5:08	☾
10	Fri	12:13	4.8	10:36 AM	6.7	4:34	3.1	5:37	-1.3	7:25	5:09	☾
11	Sat	12:54	5.0	11:21 AM	6.7	5:20	3.0	6:18	-1.4	7:24	5:10	☾
12	Sun	1:34	5.1	12:08	6.6	6:08	2.8	7:01	-1.3	7:24	5:11	☾
13	Mon	2:15	5.2	12:58	6.3	7:01	2.7	7:45	-1.0	7:24	5:12	☾
14	Tue	2:57	5.3	1:53	5.8	7:59	2.5	8:31	-0.6	7:24	5:13	☾
15	Wed	3:40	5.4	2:54	5.2	9:07	2.2	9:18	0.1	7:23	5:14	☾
16	Thu	4:26	5.6	4:09	4.6	10:22	1.8	10:10	0.8	7:23	5:15	☾
17	Fri	5:14	5.9	5:39	4.1	11:40	1.4	11:08	1.5	7:23	5:16	☾
18	Sat	6:03	6.1	7:17	4.0			12:53	0.8	7:22	5:17	☾
19	Sun	6:54	6.3	8:44	4.2	12:11	2.1	1:57	0.2	7:22	5:18	☾
20	Mon	7:45	6.4	9:52	4.5	1:16	2.5	2:53	-0.3	7:21	5:19	☾
21	Tue	8:34	6.5	10:47	4.8	2:18	2.8	3:41	-0.6	7:21	5:20	☾
22	Wed	9:20	6.5	11:34	4.9	3:15	2.9	4:25	-0.8	7:20	5:21	☾
23	Thu	10:05	6.5			4:06	2.9	5:05	-0.9	7:20	5:22	☾
24	Fri	12:15	5.0	10:47 AM	6.4	4:52	2.9	5:43	-0.8	7:19	5:23	☾
25	Sat	12:53	5.0	11:27 AM	6.2	5:36	2.8	6:18	-0.7	7:19	5:24	☾
26	Sun	1:27	5.0	12:06	5.9	6:17	2.7	6:52	-0.5	7:18	5:25	☾
27	Mon	1:59	5.0	12:44	5.6	6:58	2.6	7:25	-0.2	7:17	5:27	☾
28	Tue	2:29	4.9	1:23	5.2	7:41	2.5	7:58	0.2	7:16	5:28	☾
29	Wed	2:58	5.0	2:06	4.7	8:28	2.4	8:32	0.7	7:16	5:29	☾
30	Thu	3:30	5.0	2:56	4.2	9:22	2.3	9:08	1.2	7:15	5:30	☾

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	4:04	5.1	4:03	3.8	10:25	2.1	9:49	1.8	7:14	5:31	