


































Alcatraz Island, CA - Jan 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:35	7.1			3:22	3.0	4:43	-1.6	7:25	5:01	
2	Sun	12:01	5.0	10:25 AM	7.2	4:17	3.1	5:31	-1.8	7:25	5:02	
3	Mon	12:49	5.1	11:16 AM	7.1	5:12	3.0	6:19	-1.8	7:25	5:03	
4	Tue	1:36	5.2	12:08	6.9	6:08	2.9	7:07	-1.5	7:25	5:04	
5	Wed	2:21	5.3	1:01	6.4	7:07	2.8	7:54	-1.1	7:25	5:04	
6	Thu	3:06	5.3	1:55	5.8	8:10	2.7	8:40	-0.6	7:25	5:05	
7	Fri	3:51	5.4	2:54	5.1	9:20	2.5	9:27	0.1	7:25	5:06	
8	Sat	4:36	5.4	4:03	4.4	10:34	2.2	10:15	0.8	7:25	5:07	
9	Sun	5:20	5.5	5:27	3.9	11:49	1.8	11:07	1.5	7:25	5:08	
10	Mon	6:03	5.6	7:05	3.7			12:57	1.3	7:25	5:09	
11	Tue	6:45	5.7	8:36	3.8	12:03	2.1	1:55	0.8	7:24	5:10	
12	Wed	7:25	5.8	9:45	4.1	1:01	2.6	2:44	0.4	7:24	5:11	
13	Thu	8:05	5.9	10:38	4.4	1:57	3.0	3:27	0.0	7:24	5:12	
14	Fri	8:44	6.0	11:21	4.6	2:48	3.2	4:05	-0.2	7:24	5:13	
15	Sat	9:23	6.1	11:58	4.7	3:34	3.3	4:40	-0.4	7:23	5:14	
16	Sun	10:01	6.2			4:14	3.3	5:13	-0.5	7:23	5:15	
17	Mon	12:31	4.7	10:39 AM	6.2	4:52	3.2	5:45	-0.6	7:22	5:16	
18	Tue	1:02	4.7	11:16 AM	6.1	5:28	3.1	6:17	-0.7	7:22	5:17	
19	Wed	1:32	4.8	11:54 AM	6.0	6:04	3.0	6:48	-0.6	7:22	5:18	
20	Thu	2:01	4.8	12:32	5.8	6:43	2.9	7:20	-0.5	7:21	5:19	
21	Fri	2:32	4.9	1:14	5.5	7:27	2.7	7:54	-0.2	7:21	5:21	
22	Sat	3:04	5.0	2:01	5.0	8:18	2.5	8:30	0.3	7:20	5:22	
23	Sun	3:37	5.2	2:59	4.5	9:18	2.2	9:10	0.9	7:19	5:23	
24	Mon	4:14	5.4	4:17	4.0	10:26	1.7	9:56	1.5	7:19	5:24	
25	Tue	4:56	5.7	5:59	3.7	11:40	1.2	10:51	2.2	7:18	5:25	
26	Wed	5:43	6.0	7:47	3.8			12:50	0.5	7:17	5:26	
27	Thu	6:36	6.2	9:11	4.1			1:54	-0.1	7:17	5:27	
28	Fri	7:33	6.5	10:12	4.5	1:10	3.1	2:51	-0.7	7:16	5:28	
29	Sat	8:30	6.8	11:01	4.8	2:18	3.2	3:43	-1.2	7:15	5:29	
30	Sun	9:26	6.9	11:45	5.1	3:19	3.1	4:32	-1.4	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	10:19	7.0			4:15	2.8	5:19	-1.5	7:14	5:32	