



Alcatraz Island, CA - Jan 2023

Date		High				Low				☀️		🌙
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:18	6.2	9:06	4.1	12:36	2.0	2:26	0.3	7:25	5:01	🌓
2	Mon	7:59	6.3	10:12	4.3	1:33	2.6	3:14	-0.1	7:25	5:02	🌓
3	Tue	8:39	6.3	11:06	4.6	2:27	3.0	3:56	-0.4	7:25	5:03	🌔
4	Wed	9:17	6.3	11:51	4.7	3:18	3.2	4:34	-0.6	7:25	5:03	🌔
5	Thu	9:55	6.3			4:04	3.3	5:10	-0.6	7:25	5:04	🌔
6	Fri	12:31	4.8	10:32 AM	6.2	4:46	3.3	5:44	-0.6	7:25	5:05	🌔
7	Sat	1:07	4.8	11:08 AM	6.1	5:25	3.3	6:16	-0.6	7:25	5:06	🌔
8	Sun	1:39	4.7	11:45 AM	6.0	6:03	3.2	6:48	-0.5	7:25	5:07	🌔
9	Mon	2:10	4.7	12:21	5.7	6:41	3.1	7:20	-0.4	7:25	5:08	🌔
10	Tue	2:39	4.7	12:59	5.4	7:22	3.0	7:52	-0.1	7:25	5:09	🌔
11	Wed	3:09	4.8	1:40	5.0	8:09	2.9	8:25	0.2	7:24	5:10	🌔
12	Thu	3:40	4.9	2:27	4.6	9:04	2.7	9:00	0.7	7:24	5:11	🌔
13	Fri	4:13	5.1	3:28	4.1	10:07	2.4	9:38	1.2	7:24	5:12	🌔
14	Sat	4:49	5.3	4:52	3.7	11:16	2.0	10:24	1.8	7:24	5:13	🌔
15	Sun	5:28	5.5	6:40	3.5			12:23	1.3	7:23	5:14	🌓
16	Mon	6:11	5.8	8:22	3.7			1:23	0.6	7:23	5:15	🌓
17	Tue	6:59	6.1	9:38	4.1	12:23	2.9	2:18	-0.1	7:23	5:16	🌓
18	Wed	7:50	6.5	10:34	4.5	1:29	3.2	3:09	-0.7	7:22	5:17	🌓
19	Thu	8:42	6.8	11:20	4.8	2:31	3.3	3:58	-1.3	7:22	5:18	🌓
20	Fri	9:36	7.0			3:28	3.2	4:46	-1.6	7:21	5:19	🌓
21	Sat	12:03	5.0	10:29 AM	7.2	4:23	3.0	5:33	-1.8	7:21	5:20	🌓
22	Sun	12:44	5.1	11:22 AM	7.1	5:17	2.7	6:18	-1.7	7:20	5:21	🌑
23	Mon	1:24	5.3	12:15	6.8	6:12	2.4	7:02	-1.4	7:20	5:22	🌑
24	Tue	2:03	5.4	1:09	6.3	7:09	2.2	7:45	-0.9	7:19	5:24	🌑
25	Wed	2:43	5.6	2:06	5.6	8:11	1.9	8:28	-0.2	7:18	5:25	🌑
26	Thu	3:24	5.7	3:10	4.8	9:18	1.6	9:12	0.6	7:18	5:26	🌑
27	Fri	4:06	5.8	4:28	4.1	10:31	1.4	10:00	1.5	7:17	5:27	🌑
28	Sat	4:51	5.9	6:05	3.8	11:46	1.0	10:57	2.2	7:16	5:28	🌓
29	Sun	5:39	5.9	7:50	3.8			12:58	0.6	7:15	5:29	🌓
30	Mon	6:30	5.9	9:12	4.1	12:04	2.8	2:00	0.3	7:15	5:30	🌓

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	7:22	5.9	10:10	4.5	1:16	3.2	2:53	0.0	7:14	5:31	