



































Alcatraz Island, CA - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:58	4.8	2:27	4.6	9:16	2.9	9:12	0.6	7:25	5:01	
2	Tue	4:31	4.9	3:24	4.1	10:23	2.7	9:50	1.1	7:25	5:01	
3	Wed	5:05	5.1	4:40	3.6	11:32	2.3	10:32	1.7	7:25	5:02	
4	Thu	5:41	5.3	6:19	3.4			12:36	1.7	7:25	5:03	
5	Fri	6:18	5.5	8:02	3.5			1:30	1.2	7:25	5:04	
6	Sat	6:57	5.8	9:23	3.8	12:17	2.7	2:17	0.5	7:25	5:05	
7	Sun	7:39	6.0	10:21	4.2	1:16	3.1	3:00	-0.1	7:25	5:06	
8	Mon	8:23	6.3	11:08	4.5	2:11	3.3	3:42	-0.6	7:25	5:07	
9	Tue	9:09	6.6	11:49	4.7	3:03	3.4	4:25	-1.1	7:25	5:08	
10	Wed	9:56	6.8			3:52	3.4	5:07	-1.4	7:25	5:09	
11	Thu	12:29	4.8	10:44 AM	6.9	4:40	3.2	5:50	-1.6	7:24	5:10	
12	Fri	1:07	5.0	11:33 AM	6.9	5:30	3.0	6:33	-1.6	7:24	5:11	
13	Sat	1:45	5.1	12:24	6.6	6:23	2.7	7:16	-1.3	7:24	5:12	
14	Sun	2:24	5.2	1:17	6.2	7:20	2.5	7:59	-0.9	7:24	5:13	
15	Mon	3:03	5.4	2:16	5.5	8:23	2.2	8:42	-0.2	7:23	5:14	
16	Tue	3:44	5.7	3:24	4.8	9:35	1.8	9:28	0.6	7:23	5:15	
17	Wed	4:27	5.9	4:47	4.1	10:52	1.4	10:18	1.4	7:23	5:16	
18	Thu	5:13	6.1	6:29	3.8			12:09	0.9	7:22	5:17	
19	Fri	6:02	6.2	8:11	3.9			1:20	0.3	7:22	5:18	
20	Sat	6:54	6.3	9:29	4.3	12:23	2.8	2:21	-0.1	7:21	5:19	
21	Sun	7:47	6.4	10:28	4.6	1:32	3.1	3:14	-0.5	7:21	5:20	
22	Mon	8:37	6.4	11:14	4.8	2:36	3.3	4:00	-0.7	7:20	5:21	
23	Tue	9:25	6.3	11:55	4.9	3:32	3.3	4:41	-0.7	7:20	5:22	
24	Wed	10:09	6.3			4:20	3.2	5:18	-0.7	7:19	5:23	
25	Thu	12:30	4.9	10:50 AM	6.2	5:03	3.0	5:52	-0.7	7:18	5:24	
26	Fri	1:02	4.9	11:28 AM	6.0	5:42	2.9	6:24	-0.5	7:18	5:26	
27	Sat	1:31	4.9	12:05	5.7	6:21	2.7	6:53	-0.3	7:17	5:27	
28	Sun	1:58	4.9	12:42	5.4	7:00	2.5	7:22	0.0	7:16	5:28	
29	Mon	2:23	4.9	1:21	5.0	7:42	2.4	7:50	0.4	7:16	5:29	
30	Tue	2:48	5.0	2:05	4.5	8:28	2.2	8:19	1.0	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	3:16	5.1	2:58	4.0	9:20	2.0	8:49	1.5	7:14	5:31	