





Alcatraz Island, CA - Jan 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:35	4.8	11:49 AM	6.4	5:51	3.2	6:51	-1.2	7:25	5:01	●
2	Thu	2:10	4.9	12:34	6.2	6:38	3.1	7:30	-1.0	7:25	5:02	●
3	Fri	2:46	5.0	1:22	5.8	7:31	2.8	8:10	-0.7	7:25	5:03	◐
4	Sat	3:23	5.2	2:18	5.2	8:33	2.6	8:52	-0.1	7:25	5:04	◑
5	Sun	4:01	5.4	3:25	4.6	9:44	2.2	9:36	0.6	7:25	5:05	◒
6	Mon	4:42	5.7	4:51	4.0	11:01	1.6	10:26	1.3	7:25	5:06	◓
7	Tue	5:26	6.0	6:34	3.8			12:17	1.0	7:25	5:07	◔
8	Wed	6:13	6.3	8:15	3.9			1:25	0.3	7:25	5:07	◕
9	Thu	7:03	6.5	9:34	4.2	12:27	2.7	2:25	-0.3	7:25	5:08	◖
10	Fri	7:55	6.7	10:35	4.6	1:34	3.1	3:18	-0.8	7:24	5:09	◗
11	Sat	8:48	6.8	11:24	4.9	2:38	3.2	4:07	-1.1	7:24	5:10	◘
12	Sun	9:39	6.8			3:37	3.2	4:52	-1.2	7:24	5:11	◙
13	Mon	12:08	5.0	10:27 AM	6.7	4:30	3.1	5:35	-1.2	7:24	5:12	◚
14	Tue	12:49	5.1	11:14 AM	6.5	5:20	3.0	6:15	-1.1	7:23	5:13	◛
15	Wed	1:26	5.1	11:58 AM	6.2	6:09	2.8	6:52	-0.8	7:23	5:14	◜
16	Thu	2:02	5.1	12:40	5.8	6:56	2.7	7:27	-0.4	7:23	5:15	◝
17	Fri	2:35	5.1	1:24	5.3	7:46	2.5	8:01	0.0	7:22	5:17	◞
18	Sat	3:06	5.1	2:10	4.7	8:38	2.4	8:34	0.6	7:22	5:18	◟
19	Sun	3:37	5.2	3:03	4.1	9:36	2.2	9:08	1.3	7:21	5:19	◠
20	Mon	4:09	5.2	4:14	3.6	10:41	1.9	9:46	1.9	7:21	5:20	◡
21	Tue	4:44	5.3	5:55	3.3	11:49	1.6	10:31	2.6	7:20	5:21	◢
22	Wed	5:24	5.4	7:59	3.5			12:53	1.2	7:20	5:22	◣
23	Thu	6:10	5.5	9:23	3.8			1:49	0.7	7:19	5:23	◤
24	Fri	7:00	5.7	10:13	4.1	12:48	3.4	2:38	0.3	7:19	5:24	◥
25	Sat	7:51	5.9	10:50	4.4	1:54	3.5	3:21	-0.1	7:18	5:25	◦
26	Sun	8:40	6.1	11:23	4.6	2:46	3.5	4:00	-0.5	7:17	5:26	◧
27	Mon	9:26	6.3	11:53	4.7	3:31	3.3	4:38	-0.9	7:17	5:27	◨
28	Tue	10:12	6.5			4:13	3.1	5:14	-1.1	7:16	5:29	◩
29	Wed	12:24	4.8	10:56 AM	6.5	4:55	2.8	5:50	-1.2	7:15	5:30	◪

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Thu	12:54	5.0	11:42 AM	6.4	5:40	2.5	6:26	-1.1	7:14	5:31	●
31	Fri	1:25	5.2	12:30	6.1	6:27	2.1	7:02	-0.7	7:13	5:32	●