



































## Alcatraz Island, CA - Jan 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:51	4.9	11:20 AM	6.6	5:19	2.9	6:14	-1.2	7:25	5:01	
2	Tue	1:27	5.0	12:05	6.4	6:06	2.7	6:53	-1.1	7:25	5:02	
3	Wed	2:03	5.2	12:54	6.1	6:58	2.5	7:32	-0.8	7:25	5:03	
4	Thu	2:40	5.4	1:48	5.5	7:55	2.2	8:14	-0.3	7:25	5:04	
5	Fri	3:20	5.6	2:49	4.9	9:00	1.9	8:58	0.4	7:25	5:05	
6	Sat	4:02	5.8	4:05	4.3	10:12	1.5	9:46	1.1	7:25	5:06	
7	Sun	4:48	6.0	5:38	3.9	11:29	1.1	10:42	1.8	7:25	5:07	
8	Mon	5:39	6.2	7:19	3.8			12:42	0.5	7:25	5:07	
9	Tue	6:33	6.4	8:47	4.1			1:48	0.0	7:25	5:08	
10	Wed	7:28	6.5	9:52	4.4	12:59	2.8	2:45	-0.5	7:24	5:09	
11	Thu	8:22	6.6	10:44	4.7	2:06	3.0	3:35	-0.8	7:24	5:10	
12	Fri	9:13	6.7	11:29	4.9	3:07	3.0	4:20	-0.9	7:24	5:11	
13	Sat	10:01	6.6			4:00	2.9	5:01	-1.0	7:24	5:12	
14	Sun	12:09	5.1	10:46 AM	6.4	4:49	2.8	5:39	-0.9	7:23	5:13	
15	Mon	12:45	5.1	11:29 AM	6.2	5:35	2.6	6:15	-0.7	7:23	5:14	
16	Tue	1:19	5.1	12:10	5.9	6:19	2.5	6:48	-0.4	7:23	5:15	
17	Wed	1:50	5.2	12:50	5.4	7:03	2.4	7:21	0.0	7:22	5:17	
18	Thu	2:20	5.2	1:32	5.0	7:49	2.2	7:53	0.4	7:22	5:18	
19	Fri	2:48	5.2	2:18	4.5	8:38	2.1	8:25	1.0	7:21	5:19	
20	Sat	3:19	5.3	3:13	4.0	9:34	2.0	9:00	1.6	7:21	5:20	
21	Sun	3:53	5.3	4:27	3.6	10:37	1.8	9:40	2.2	7:20	5:21	
22	Mon	4:32	5.4	6:10	3.4	11:46	1.5	10:31	2.7	7:20	5:22	
23	Tue	5:18	5.5	7:59	3.5			12:51	1.1	7:19	5:23	
24	Wed	6:10	5.6	9:12	3.8			1:48	0.7	7:19	5:24	
25	Thu	7:04	5.8	9:58	4.2	12:54	3.3	2:36	0.2	7:18	5:25	
26	Fri	7:57	6.0	10:35	4.4	1:56	3.3	3:18	-0.3	7:17	5:26	
27	Sat	8:47	6.3	11:08	4.7	2:48	3.1	3:58	-0.6	7:17	5:27	
28	Sun	9:35	6.5	11:41	4.9	3:35	2.9	4:35	-0.9	7:16	5:29	
29	Mon	10:23	6.6			4:20	2.6	5:13	-1.1	7:15	5:30	
30	Tue	12:13	5.1	11:11 AM	6.5	5:06	2.2	5:50	-1.0	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Wed	<b>12:46</b>	5.4	<b>12:00</b>	6.3	<b>5:54</b>	1.8	<b>6:27</b>	-0.7	7:13	5:32	