



































Alcatraz Island, CA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:32	6.9	10:47	4.8	2:11	2.8	3:38	-1.1	7:25	5:01	
2	Wed	9:24	7.0	11:35	5.0	3:11	2.8	4:26	-1.4	7:25	5:02	
3	Thu	10:15	7.0			4:07	2.7	5:12	-1.4	7:25	5:03	
4	Fri	12:19	5.2	11:05 AM	6.9	5:01	2.6	5:55	-1.4	7:25	5:04	
5	Sat	1:01	5.3	11:54 AM	6.5	5:54	2.5	6:37	-1.1	7:25	5:04	
6	Sun	1:42	5.4	12:42	6.1	6:47	2.3	7:18	-0.7	7:25	5:05	
7	Mon	2:21	5.5	1:31	5.5	7:42	2.2	7:58	-0.2	7:25	5:06	
8	Tue	3:00	5.5	2:22	4.9	8:40	2.1	8:38	0.4	7:25	5:07	
9	Wed	3:38	5.5	3:21	4.3	9:44	2.0	9:20	1.1	7:25	5:08	
10	Thu	4:18	5.5	4:34	3.8	10:52	1.8	10:06	1.7	7:25	5:09	
11	Fri	5:00	5.5	6:08	3.5			12:01	1.5	7:24	5:10	
12	Sat	5:44	5.6	7:48	3.6			1:05	1.1	7:24	5:11	
13	Sun	6:31	5.6	9:04	3.9	12:05	2.7	2:00	0.7	7:24	5:12	
14	Mon	7:19	5.8	9:57	4.1	1:09	3.0	2:47	0.4	7:24	5:13	
15	Tue	8:05	5.9	10:38	4.4	2:06	3.1	3:27	0.0	7:23	5:14	
16	Wed	8:49	6.1	11:12	4.5	2:55	3.1	4:04	-0.2	7:23	5:15	
17	Thu	9:31	6.2	11:44	4.7	3:37	3.0	4:37	-0.5	7:22	5:16	
18	Fri	10:12	6.2			4:17	2.9	5:09	-0.6	7:22	5:17	
19	Sat	12:14	4.8	10:52 AM	6.2	4:55	2.7	5:41	-0.7	7:22	5:18	
20	Sun	12:44	5.0	11:33 AM	6.1	5:35	2.5	6:13	-0.7	7:21	5:20	
21	Mon	1:14	5.1	12:16	5.9	6:17	2.2	6:46	-0.5	7:21	5:21	
22	Tue	1:46	5.3	1:02	5.6	7:03	2.0	7:21	-0.1	7:20	5:22	
23	Wed	2:19	5.5	1:53	5.1	7:54	1.7	7:59	0.4	7:19	5:23	
24	Thu	2:55	5.7	2:54	4.5	8:52	1.4	8:40	1.0	7:19	5:24	
25	Fri	3:36	5.9	4:11	4.0	9:59	1.2	9:28	1.7	7:18	5:25	
26	Sat	4:23	6.0	5:47	3.8	11:14	0.8	10:27	2.3	7:17	5:26	
27	Sun	5:18	6.2	7:29	3.9			12:29	0.4	7:17	5:27	
28	Mon	6:19	6.3	8:48	4.2			1:37	-0.1	7:16	5:28	
29	Tue	7:22	6.5	9:46	4.6	1:00	2.9	2:36	-0.5	7:15	5:29	
30	Wed	8:22	6.6	10:34	4.9	2:10	2.9	3:28	-0.8	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	9:17	6.7	11:15	5.1	3:11	2.7	4:14	-1.0	7:14	5:32	