

































Alcatraz Island, CA - Jan 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:57	5.9	7:12	3.8			12:56	1.0	7:25	5:01	
2	Thu	6:45	5.9	8:35	4.0	12:06	2.2	1:55	0.6	7:25	5:02	
3	Fri	7:31	6.0	9:39	4.2	1:07	2.5	2:46	0.3	7:25	5:03	
4	Sat	8:15	6.0	10:29	4.4	2:04	2.8	3:28	0.0	7:25	5:03	
5	Sun	8:55	6.1	11:11	4.6	2:54	2.9	4:06	-0.2	7:25	5:04	
6	Mon	9:34	6.1	11:47	4.7	3:39	2.9	4:40	-0.3	7:25	5:05	
7	Tue	10:11	6.1			4:19	2.9	5:12	-0.4	7:25	5:06	
8	Wed	12:19	4.8	10:48 AM	6.1	4:57	2.8	5:42	-0.4	7:25	5:07	
9	Thu	12:49	4.8	11:24 AM	6.0	5:33	2.8	6:11	-0.4	7:25	5:08	
10	Fri	1:18	4.9	12:01	5.8	6:10	2.7	6:41	-0.3	7:25	5:09	
11	Sat	1:47	5.0	12:39	5.5	6:49	2.5	7:12	-0.1	7:24	5:10	
12	Sun	2:18	5.1	1:20	5.2	7:32	2.4	7:45	0.2	7:24	5:11	
13	Mon	2:50	5.2	2:07	4.7	8:22	2.2	8:21	0.6	7:24	5:12	
14	Tue	3:25	5.4	3:05	4.3	9:19	2.0	9:01	1.1	7:24	5:13	
15	Wed	4:05	5.6	4:22	3.9	10:25	1.6	9:49	1.7	7:23	5:14	
16	Thu	4:50	5.8	5:59	3.7	11:37	1.2	10:48	2.2	7:23	5:15	
17	Fri	5:42	6.0	7:37	3.8			12:46	0.6	7:23	5:16	
18	Sat	6:38	6.3	8:54	4.1			1:48	0.0	7:22	5:17	
19	Sun	7:35	6.5	9:52	4.5	1:09	2.8	2:44	-0.6	7:22	5:18	
20	Mon	8:32	6.8	10:41	4.8	2:15	2.8	3:34	-1.0	7:21	5:19	
21	Tue	9:27	7.0	11:25	5.1	3:15	2.6	4:22	-1.3	7:21	5:20	
22	Wed	10:20	7.0			4:10	2.3	5:07	-1.4	7:20	5:21	
23	Thu	12:06	5.4	11:13 AM	6.8	5:04	2.1	5:51	-1.3	7:20	5:23	
24	Fri	12:47	5.6	12:04	6.5	5:58	1.8	6:33	-0.9	7:19	5:24	
25	Sat	1:26	5.7	12:56	6.0	6:52	1.6	7:14	-0.4	7:18	5:25	
26	Sun	2:06	5.8	1:49	5.4	7:47	1.5	7:56	0.2	7:18	5:26	
27	Mon	2:46	5.9	2:47	4.8	8:47	1.4	8:39	0.8	7:17	5:27	
28	Tue	3:27	5.8	3:54	4.2	9:51	1.3	9:26	1.5	7:16	5:28	
29	Wed	4:12	5.7	5:18	3.8	11:01	1.2	10:21	2.2	7:15	5:29	
30	Thu	5:00	5.7	6:56	3.7			12:13	1.0	7:15	5:30	
31	Fri	5:53	5.6	8:22	3.9			1:19	0.8	7:14	5:31	