

































## Alcatraz Island, CA - Jan 2032

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:27	4.9	1:12	5.2	7:34	2.7	7:49	0.1	7:25	5:01	
2	Fri	3:00	5.0	1:54	4.8	8:22	2.6	8:23	0.5	7:25	5:02	
3	Sat	3:34	5.1	2:43	4.4	9:17	2.5	9:01	0.9	7:25	5:02	
4	Sun	4:12	5.2	3:46	4.0	10:20	2.2	9:44	1.4	7:25	5:03	
5	Mon	4:53	5.3	5:08	3.7	11:28	1.9	10:35	1.8	7:25	5:04	
6	Tue	5:38	5.5	6:44	3.6			12:33	1.4	7:25	5:05	
7	Wed	6:26	5.8	8:10	3.8			1:29	0.8	7:25	5:06	
8	Thu	7:15	6.1	9:17	4.1	12:39	2.6	2:20	0.1	7:25	5:07	
9	Fri	8:04	6.4	10:11	4.5	1:40	2.7	3:07	-0.5	7:25	5:08	
10	Sat	8:54	6.7	10:58	4.8	2:37	2.7	3:52	-1.0	7:25	5:09	
11	Sun	9:44	6.9	11:42	5.1	3:31	2.6	4:37	-1.3	7:24	5:10	
12	Mon	10:35	7.0			4:23	2.4	5:22	-1.5	7:24	5:11	
13	Tue	12:24	5.3	11:26 AM	6.9	5:16	2.2	6:06	-1.4	7:24	5:12	
14	Wed	1:06	5.5	12:18	6.6	6:10	2.0	6:50	-1.2	7:24	5:13	
15	Thu	1:48	5.7	1:12	6.2	7:07	1.8	7:35	-0.7	7:23	5:14	
16	Fri	2:31	5.9	2:10	5.6	8:08	1.6	8:21	-0.1	7:23	5:15	
17	Sat	3:16	6.0	3:14	4.9	9:15	1.4	9:10	0.6	7:23	5:16	
18	Sun	4:04	6.0	4:30	4.3	10:29	1.3	10:04	1.3	7:22	5:17	
19	Mon	4:55	6.0	6:00	4.0	11:45	1.0	11:06	1.9	7:22	5:18	
20	Tue	5:49	6.0	7:32	4.0			12:57	0.7	7:21	5:19	
21	Wed	6:45	6.0	8:49	4.2	12:15	2.4	1:59	0.3	7:21	5:20	
22	Thu	7:38	6.1	9:48	4.5	1:22	2.7	2:52	0.1	7:20	5:21	
23	Fri	8:27	6.1	10:35	4.7	2:22	2.7	3:36	-0.1	7:20	5:22	
24	Sat	9:12	6.1	11:14	4.8	3:13	2.7	4:14	-0.3	7:19	5:23	
25	Sun	9:53	6.0	11:48	4.9	3:58	2.7	4:49	-0.3	7:18	5:24	
26	Mon	10:31	6.0			4:38	2.6	5:20	-0.3	7:18	5:26	
27	Tue	12:18	4.9	11:07 AM	5.9	5:15	2.4	5:49	-0.2	7:17	5:27	
28	Wed	12:46	5.0	11:43 AM	5.7	5:51	2.3	6:17	-0.1	7:16	5:28	
29	Thu	1:13	5.0	12:20	5.5	6:27	2.2	6:45	0.1	7:16	5:29	
30	Fri	1:40	5.1	12:57	5.2	7:05	2.1	7:14	0.4	7:15	5:30	
31	Sat	2:08	5.2	1:38	4.8	7:45	1.9	7:45	0.8	7:14	5:31	