

































## Alcatraz Island, CA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:08	4.9	10:56 AM	6.7	4:48	2.6	5:42	-1.2	7:25	5:01	
2	Sun	12:50	5.1	11:44 AM	6.6	5:36	2.5	6:24	-1.2	7:25	5:02	
3	Mon	1:32	5.3	12:32	6.4	6:24	2.4	7:06	-1.0	7:25	5:03	
4	Tue	2:14	5.4	1:20	6.0	7:18	2.2	7:48	-0.7	7:25	5:04	
5	Wed	2:56	5.6	2:20	5.5	8:18	2.0	8:36	-0.2	7:25	5:05	
6	Thu	3:44	5.7	3:26	4.9	9:30	1.8	9:30	0.4	7:25	5:06	
7	Fri	4:32	5.9	4:44	4.3	10:48	1.5	10:24	1.1	7:25	5:07	
8	Sat	5:20	6.1	6:14	4.1			12:06	1.1	7:25	5:07	
9	Sun	6:14	6.2	7:44	4.1			1:12	0.6	7:25	5:08	
10	Mon	7:08	6.4	9:02	4.3	12:36	2.1	2:12	0.1	7:24	5:09	
11	Tue	8:02	6.5	10:02	4.6	1:36	2.4	3:06	-0.3	7:24	5:10	
12	Wed	8:50	6.5	10:50	4.9	2:36	2.5	3:54	-0.5	7:24	5:11	
13	Thu	9:38	6.5	11:32	5.0	3:30	2.6	4:36	-0.6	7:24	5:12	
14	Fri	10:20	6.4			4:18	2.6	5:12	-0.7	7:23	5:13	
15	Sat	12:14	5.1	11:02 AM	6.2	5:06	2.5	5:48	-0.6	7:23	5:14	
16	Sun	12:50	5.1	11:38 AM	6.0	5:48	2.5	6:18	-0.4	7:23	5:16	
17	Mon	1:26	5.1	12:20	5.7	6:30	2.4	6:54	-0.2	7:22	5:17	
18	Tue	1:56	5.1	12:56	5.4	7:12	2.3	7:24	0.1	7:22	5:18	
19	Wed	2:26	5.1	1:38	5.0	7:54	2.3	8:00	0.5	7:21	5:19	
20	Thu	2:56	5.1	2:20	4.5	8:42	2.2	8:30	1.0	7:21	5:20	
21	Fri	3:32	5.2	3:14	4.1	9:36	2.1	9:12	1.4	7:20	5:21	
22	Sat	4:08	5.2	4:20	3.7	10:42	1.9	9:54	1.9	7:20	5:22	
23	Sun	4:56	5.3	5:56	3.5	11:48	1.6	10:54	2.4	7:19	5:23	
24	Mon	5:44	5.5	7:32	3.6			12:54	1.2	7:19	5:24	
25	Tue	6:32	5.7	8:44	3.9	12:00	2.7	1:48	0.7	7:18	5:25	
26	Wed	7:26	5.9	9:38	4.2	1:06	2.8	2:36	0.2	7:17	5:26	
27	Thu	8:14	6.2	10:20	4.5	2:06	2.8	3:18	-0.3	7:17	5:28	
28	Fri	9:08	6.4	11:02	4.8	2:54	2.7	4:00	-0.7	7:16	5:29	
29	Sat	9:56	6.6	11:38	5.1	3:42	2.5	4:42	-1.0	7:15	5:30	
30	Sun	10:44	6.7			4:30	2.2	5:24	-1.1	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Mon	<b>12:14</b>	5.4	<b>11:32 AM</b>	6.6	<b>5:24</b>	1.9	<b>6:00</b>	-1.0	7:13	5:32	