



























Alcatraz Island, CA - Jan 2039

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:14	5.3	4:34	4.1	11:18	2.4	10:49	1.0	7:25	5:01	
2	Sun	5:57	5.4	6:00	3.8			12:28	1.9	7:25	5:02	
3	Mon	6:38	5.5	7:32	3.7			1:28	1.4	7:25	5:03	
4	Tue	7:15	5.6	8:52	3.9	12:36	2.1	2:19	0.9	7:25	5:03	
5	Wed	7:52	5.8	9:54	4.1	1:29	2.5	3:02	0.5	7:25	5:04	
6	Thu	8:27	5.9	10:44	4.3	2:18	2.8	3:40	0.1	7:25	5:05	
7	Fri	9:03	6.1	11:27	4.5	3:03	3.0	4:16	-0.2	7:25	5:06	
8	Sat	9:40	6.2			3:45	3.1	4:49	-0.5	7:25	5:07	
9	Sun	12:05	4.6	10:17 AM	6.3	4:24	3.2	5:23	-0.6	7:25	5:08	
10	Mon	12:40	4.7	10:55 AM	6.3	5:01	3.2	5:56	-0.8	7:25	5:09	
11	Tue	1:15	4.8	11:33 AM	6.2	5:39	3.1	6:31	-0.8	7:24	5:10	
12	Wed	1:49	4.8	12:13	6.1	6:20	3.0	7:07	-0.8	7:24	5:11	
13	Thu	2:24	4.9	12:56	5.9	7:05	2.9	7:44	-0.6	7:24	5:12	
14	Fri	3:01	5.0	1:43	5.5	7:57	2.7	8:25	-0.3	7:24	5:13	
15	Sat	3:39	5.2	2:39	5.0	8:57	2.5	9:08	0.2	7:23	5:14	
16	Sun	4:19	5.4	3:49	4.4	10:07	2.1	9:56	0.9	7:23	5:15	
17	Mon	5:02	5.6	5:19	4.0	11:23	1.6	10:50	1.5	7:22	5:16	
18	Tue	5:49	5.9	7:00	3.9			12:35	0.9	7:22	5:17	
19	Wed	6:39	6.2	8:32	4.1			1:40	0.2	7:22	5:18	
20	Thu	7:30	6.5	9:44	4.4	12:58	2.6	2:38	-0.4	7:21	5:19	
21	Fri	8:22	6.7	10:41	4.8	2:03	2.8	3:30	-0.9	7:21	5:20	
22	Sat	9:14	6.9	11:30	5.0	3:03	2.9	4:19	-1.2	7:20	5:21	
23	Sun	10:05	6.9			3:59	2.9	5:05	-1.4	7:19	5:23	
24	Mon	12:15	5.2	10:54 AM	6.8	4:52	2.8	5:49	-1.3	7:19	5:24	
25	Tue	12:56	5.2	11:42 AM	6.6	5:43	2.6	6:30	-1.1	7:18	5:25	
26	Wed	1:36	5.3	12:28	6.2	6:33	2.5	7:10	-0.8	7:18	5:26	
27	Thu	2:14	5.3	1:14	5.7	7:24	2.3	7:49	-0.3	7:17	5:27	
28	Fri	2:51	5.3	2:03	5.1	8:18	2.2	8:28	0.3	7:16	5:28	
29	Sat	3:27	5.2	2:56	4.5	9:16	2.1	9:08	0.9	7:15	5:29	
30	Sun	4:04	5.2	4:01	4.0	10:20	1.9	9:51	1.6	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	4:42	5.3	5:28	3.6	11:30	1.7	10:43	2.2	7:14	5:31	