


































Alcatraz Island, CA - Jan 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:54	4.7	11:58 AM	5.9	6:14	3.3	7:01	-0.5	7:25	5:01	
2	Mon	2:27	4.7	12:36	5.7	6:53	3.3	7:36	-0.4	7:25	5:02	
3	Tue	3:02	4.7	1:16	5.4	7:38	3.2	8:12	-0.2	7:25	5:02	
4	Wed	3:37	4.8	2:01	5.1	8:30	3.1	8:50	0.1	7:25	5:03	
5	Thu	4:13	4.9	2:55	4.6	9:33	2.8	9:32	0.5	7:25	5:04	
6	Fri	4:51	5.1	4:06	4.1	10:44	2.4	10:19	1.1	7:25	5:05	
7	Sat	5:30	5.4	5:38	3.8	11:55	1.8	11:11	1.6	7:25	5:06	
8	Sun	6:12	5.7	7:19	3.8			12:59	1.1	7:25	5:07	
9	Mon	6:55	6.1	8:48	4.0	12:10	2.2	1:56	0.3	7:25	5:08	
10	Tue	7:42	6.5	9:58	4.4	1:11	2.6	2:49	-0.5	7:25	5:09	
11	Wed	8:30	6.8	10:55	4.7	2:11	2.9	3:39	-1.1	7:24	5:10	
12	Thu	9:21	7.1	11:45	5.0	3:09	3.0	4:29	-1.5	7:24	5:11	
13	Fri	10:13	7.2			4:04	3.0	5:17	-1.7	7:24	5:12	
14	Sat	12:32	5.1	11:05 AM	7.2	4:59	2.9	6:04	-1.7	7:24	5:13	
15	Sun	1:16	5.3	11:57 AM	6.9	5:54	2.7	6:51	-1.5	7:23	5:14	
16	Mon	1:59	5.3	12:49	6.5	6:51	2.6	7:36	-1.1	7:23	5:15	
17	Tue	2:42	5.4	1:43	5.9	7:51	2.4	8:21	-0.6	7:23	5:16	
18	Wed	3:25	5.5	2:41	5.2	8:57	2.2	9:06	0.1	7:22	5:17	
19	Thu	4:08	5.5	3:48	4.5	10:08	2.0	9:53	0.8	7:22	5:18	
20	Fri	4:52	5.6	5:10	3.9	11:23	1.6	10:45	1.6	7:21	5:19	
21	Sat	5:37	5.7	6:49	3.7			12:34	1.2	7:21	5:20	
22	Sun	6:23	5.7	8:24	3.9			1:37	0.8	7:20	5:21	
23	Mon	7:08	5.8	9:35	4.1	12:46	2.7	2:30	0.4	7:20	5:22	
24	Tue	7:52	5.9	10:28	4.4	1:47	3.0	3:15	0.1	7:19	5:23	
25	Wed	8:35	5.9	11:10	4.6	2:42	3.2	3:55	-0.2	7:18	5:24	
26	Thu	9:16	6.0	11:46	4.7	3:29	3.2	4:31	-0.3	7:18	5:26	
27	Fri	9:55	6.1			4:10	3.2	5:04	-0.5	7:17	5:27	
28	Sat	12:17	4.7	10:33 AM	6.1	4:47	3.1	5:36	-0.5	7:16	5:28	
29	Sun	12:46	4.8	11:11 AM	6.1	5:22	2.9	6:06	-0.6	7:16	5:29	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Mon	1:14	4.8	11:48 AM	5.9	5:57	2.8	6:36	-0.5	7:15	5:30	○
31	Tue	1:42	4.9	12:26	5.7	6:34	2.6	7:06	-0.3	7:14	5:31	○