




































Alcatraz Island, CA - Jan 2043

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 4:26 | 5.1 | 3:24 | 4.3 | 10:11 | 2.5 | 9:51 | 0.8 | 7:25 | 5:01 |  |
| 2 | Fri | 5:04 | 5.2 | 4:38 | 3.8 | 11:22 | 2.2 | 10:36 | 1.5 | 7:25 | 5:02 |  |
| 3 | Sat | 5:41 | 5.3 | 6:13 | 3.5 | | | 12:29 | 1.7 | 7:25 | 5:03 |  |
| 4 | Sun | 6:18 | 5.5 | 7:57 | 3.5 | | | 1:27 | 1.2 | 7:25 | 5:03 |  |
| 5 | Mon | 6:56 | 5.6 | 9:20 | 3.8 | 12:21 | 2.6 | 2:17 | 0.7 | 7:25 | 5:04 |  |
| 6 | Tue | 7:35 | 5.8 | 10:18 | 4.1 | 1:18 | 3.0 | 3:00 | 0.3 | 7:25 | 5:05 |  |
| 7 | Wed | 8:15 | 6.0 | 11:03 | 4.4 | 2:12 | 3.3 | 3:39 | -0.1 | 7:25 | 5:06 |  |
| 8 | Thu | 8:56 | 6.1 | 11:41 | 4.5 | 3:00 | 3.4 | 4:16 | -0.4 | 7:25 | 5:07 |  |
| 9 | Fri | 9:37 | 6.3 | | | 3:43 | 3.4 | 4:52 | -0.7 | 7:25 | 5:08 |  |
| 10 | Sat | 12:15 | 4.6 | 10:18 AM | 6.4 | 4:23 | 3.4 | 5:27 | -0.9 | 7:24 | 5:09 |  |
| 11 | Sun | 12:48 | 4.7 | 10:59 AM | 6.4 | 5:02 | 3.3 | 6:03 | -1.1 | 7:24 | 5:10 |  |
| 12 | Mon | 1:20 | 4.8 | 11:40 AM | 6.4 | 5:42 | 3.1 | 6:38 | -1.1 | 7:24 | 5:11 |  |
| 13 | Tue | 1:52 | 4.9 | 12:23 | 6.2 | 6:27 | 2.9 | 7:15 | -0.9 | 7:24 | 5:12 |  |
| 14 | Wed | 2:26 | 5.0 | 1:10 | 5.8 | 7:17 | 2.7 | 7:52 | -0.6 | 7:24 | 5:13 |  |
| 15 | Thu | 3:00 | 5.2 | 2:03 | 5.3 | 8:14 | 2.4 | 8:32 | 0.0 | 7:23 | 5:14 |  |
| 16 | Fri | 3:36 | 5.4 | 3:07 | 4.6 | 9:19 | 2.0 | 9:14 | 0.7 | 7:23 | 5:15 |  |
| 17 | Sat | 4:15 | 5.7 | 4:29 | 4.0 | 10:33 | 1.5 | 10:01 | 1.4 | 7:22 | 5:16 |  |
| 18 | Sun | 4:58 | 6.0 | 6:13 | 3.7 | 11:49 | 1.0 | 10:56 | 2.2 | 7:22 | 5:17 |  |
| 19 | Mon | 5:46 | 6.2 | 8:00 | 3.8 | | | 1:02 | 0.3 | 7:22 | 5:18 |  |
| 20 | Tue | 6:40 | 6.4 | 9:22 | 4.2 | 12:03 | 2.8 | 2:06 | -0.2 | 7:21 | 5:19 |  |
| 21 | Wed | 7:36 | 6.6 | 10:22 | 4.6 | 1:16 | 3.2 | 3:02 | -0.7 | 7:21 | 5:20 |  |
| 22 | Thu | 8:32 | 6.7 | 11:10 | 4.9 | 2:24 | 3.3 | 3:53 | -1.0 | 7:20 | 5:21 |  |
| 23 | Fri | 9:26 | 6.8 | 11:53 | 5.0 | 3:25 | 3.2 | 4:40 | -1.2 | 7:19 | 5:23 |  |
| 24 | Sat | 10:17 | 6.7 | | | 4:19 | 3.0 | 5:22 | -1.2 | 7:19 | 5:24 |  |
| 25 | Sun | 12:32 | 5.1 | 11:04 AM | 6.5 | 5:09 | 2.8 | 6:02 | -1.1 | 7:18 | 5:25 |  |
| 26 | Mon | 1:08 | 5.2 | 11:50 AM | 6.2 | 5:57 | 2.6 | 6:39 | -0.8 | 7:17 | 5:26 |  |
| 27 | Tue | 1:42 | 5.2 | 12:33 | 5.8 | 6:44 | 2.4 | 7:13 | -0.4 | 7:17 | 5:27 |  |
| 28 | Wed | 2:14 | 5.2 | 1:17 | 5.3 | 7:32 | 2.2 | 7:47 | 0.1 | 7:16 | 5:28 |  |
| 29 | Thu | 2:45 | 5.2 | 2:03 | 4.7 | 8:22 | 2.1 | 8:19 | 0.7 | 7:15 | 5:29 |  |
| 30 | Fri | 3:15 | 5.2 | 2:56 | 4.2 | 9:17 | 1.9 | 8:52 | 1.4 | 7:14 | 5:30 |  |

| Date | | High | | | | Low | | | |  | |  |
|-----------|-----|-------------|-----|-------------|-----|--------------|-----|-------------|-----|--|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Sat | 3:46 | 5.3 | 4:05 | 3.7 | 10:18 | 1.7 | 9:28 | 2.1 | 7:14 | 5:31 |  |