US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:30	6.8	10:44	4.7	2:09	2.8	3:35	-1.0	7:25	5:01	
2	Sat	9:21	7.0	11:32	5.0	3:07	2.8	4:22	-1.4	7:25	5:02	
3	Sun	10:13	7.1			4:02	2.7	5:09	-1.6	7:25	5:03	
4	Mon	12:16	5.2	11:05 AM	7.1	4:57	2.5	5:54	-1.6	7:25	5:04	
5	Tue	12:59	5.4	11:57 AM	6.8	5:52	2.3	6:39	-1.4	7:25	5:05	
6	Wed	1:41	5.6	12:51	6.4	6:49	2.1	7:24	-1.0	7:25	5:06	
7	Thu	2:24	5.7	1:46	5.8	7:50	1.9	8:08	-0.4	7:25	5:07	
8	Fri	3:07	5.8	2:47	5.1	8:55	1.7	8:54	0.3	7:25	5:08	
9	Sat	3:52	5.9	3:56	4.4	10:06	1.5	9:43	1.1	7:25	5:09	
10	Sun	4:39	5.9	5:20	3.9	11:20	1.3	10:38	1.7	7:24	5:09	
11	Mon	5:28	5.9	6:57	3.8			12:33	0.9	7:24	5:10	
12	Tue	6:19	5.9	8:25	4.0			1:37	0.6	7:24	5:11	
13	Wed	7:10	6.0	9:31	4.2	12:48	2.7	2:31	0.3	7:24	5:12	
14	Thu	7:58	6.0	10:21	4.5	1:50	2.9	3:17	0.0	7:23	5:14	
15	Fri	8:42	6.0	11:02	4.6	2:44	3.0	3:57	-0.2	7:23	5:15	
16	Sat	9:24	6.1	11:37	4.7	3:31	3.0	4:32	-0.3	7:23	5:16	
17	Sun	10:03	6.1			4:12	2.9	5:03	-0.4	7:22	5:17	
18	Mon	12:08	4.8	10:40 AM	6.0	4:50	2.8	5:33	-0.4	7:22	5:18	
19	Tue	12:36	4.8	11:17 AM	5.9	5:26	2.6	6:01	-0.3	7:21	5:19	
20	Wed	1:03	4.9	11:53 AM	5.7	6:02	2.5	6:29	-0.2	7:21	5:20	
21	Thu	1:29	5.0	12:31	5.5	6:39	2.3	6:58	0.0	7:20	5:21	
22	Fri	1:57	5.2	1:11	5.1	7:20	2.2	7:29	0.3	7:20	5:22	
23	Sat	2:27	5.3	1:56	4.7	8:06	2.0	8:02	0.8	7:19	5:23	
24	Sun	3:00	5.4	2:52	4.3	8:58	1.7	8:39	1.3	7:18	5:24	
25	Mon	3:37	5.6	4:05	3.8	10:00	1.5	9:23	1.9	7:18	5:25	
26	Tue	4:21	5.7	5:41	3.6	11:11	1.1	10:19	2.4	7:17	5:26	
27	Wed	5:13	5.9	7:24	3.7			12:23	0.6	7:16	5:28	
28	Thu	6:12	6.1	8:43	4.0			1:29	0.1	7:16	5:29	
29	Fri	7:13	6.4	9:40	4.4	12:49	2.9	2:26	-0.5	7:15	5:30	
30	Sat	8:14	6.6	10:26	4.8	1:58	2.9	3:18	-0.9	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	**9:11**	6.8	**11:08**	5.1	**3:00**	2.6	**4:06**	-1.2	7:13	5:32	