US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:09	6.6	9:58	4.6	1:40	2.2	3:02	-0.4	7:25	5:01	
2	Thu	8:58	6.9	10:53	4.9	2:37	2.3	3:51	-1.0	7:25	5:02	
3	Fri	9:47	7.1	11:43	5.2	3:32	2.4	4:39	-1.4	7:25	5:03	
4	Sat	10:37	7.1			4:26	2.4	5:26	-1.5	7:25	5:04	
5	Sun	12:31	5.4	11:27 AM	7.0	5:20	2.3	6:12	-1.5	7:25	5:05	
6	Mon	1:17	5.5	12:17	6.7	6:15	2.2	6:58	-1.2	7:25	5:06	
7	Tue	2:03	5.6	1:09	6.2	7:12	2.2	7:44	-0.8	7:25	5:07	
8	Wed	2:48	5.6	2:03	5.6	8:12	2.1	8:30	-0.2	7:25	5:08	
9	Thu	3:35	5.7	3:02	5.0	9:18	2.0	9:18	0.4	7:25	5:09	
10	Fri	4:22	5.7	4:10	4.4	10:30	1.9	10:11	1.0	7:24	5:10	
11	Sat	5:11	5.7	5:32	3.9	11:43	1.6	11:08	1.6	7:24	5:11	
12	Sun	6:01	5.7	7:04	3.8			12:51	1.2	7:24	5:12	
13	Mon	6:49	5.7	8:26	3.9	12:10	2.1	1:50	0.9	7:24	5:13	
14	Tue	7:35	5.8	9:30	4.2	1:11	2.4	2:40	0.5	7:23	5:14	
15	Wed	8:18	5.9	10:19	4.4	2:06	2.6	3:22	0.2	7:23	5:15	
16	Thu	8:58	6.0	11:00	4.6	2:55	2.7	4:00	0.0	7:23	5:16	
17	Fri	9:36	6.0	11:36	4.7	3:38	2.8	4:34	-0.2	7:22	5:17	
18	Sat	10:13	6.1			4:18	2.8	5:06	-0.3	7:22	5:18	
19	Sun	12:08	4.8	10:50 AM	6.1	4:54	2.7	5:37	-0.4	7:21	5:19	
20	Mon	12:38	4.9	11:26 AM	6.0	5:30	2.6	6:07	-0.4	7:21	5:20	
21	Tue	1:08	5.0	12:03	5.8	6:06	2.5	6:39	-0.3	7:20	5:21	
22	Wed	1:39	5.1	12:42	5.6	6:45	2.4	7:11	-0.2	7:20	5:22	
23	Thu	2:12	5.2	1:24	5.3	7:28	2.3	7:47	0.1	7:19	5:23	
24	Fri	2:47	5.3	2:12	4.9	8:17	2.1	8:26	0.5	7:18	5:24	
25	Sat	3:25	5.4	3:12	4.4	9:15	1.9	9:10	1.0	7:18	5:25	
26	Sun	4:08	5.6	4:29	4.0	10:23	1.6	10:02	1.6	7:17	5:27	
27	Mon	4:56	5.7	6:03	3.9	11:37	1.2	11:05	2.0	7:16	5:28	
28	Tue	5:51	5.9	7:36	4.0			12:48	0.6	7:16	5:29	
29	Wed	6:48	6.2	8:51	4.3	12:15	2.4	1:51	0.0	7:15	5:30	
30	Thu	7:46	6.5	9:49	4.7	1:24	2.5	2:47	-0.5	7:14	5:31	
31	Fri	8:42	6.7	10:39	5.0	2:28	2.5	3:37	-0.9	7:13	5:32	