US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:50	5.9	6:14	4.1			12:18	1.4	7:25	5:01	
2	Fri	6:44	6.0	7:38	4.1			1:24	0.9	7:25	5:02	
3	Sat	7:32	6.2	8:56	4.2	12:48	1.8	2:24	0.4	7:25	5:03	
4	Sun	8:14	6.2	9:56	4.5	1:48	2.2	3:12	0.1	7:25	5:04	
5	Mon	8:56	6.3	10:50	4.6	2:42	2.5	3:54	-0.2	7:25	5:05	
6	Tue	9:32	6.2	11:32	4.8	3:30	2.6	4:30	-0.4	7:25	5:06	
7	Wed	10:08	6.2			4:12	2.8	5:06	-0.4	7:25	5:06	
8	Thu	12:14	4.8	10:44 AM	6.1	4:54	2.8	5:36	-0.5	7:25	5:07	
9	Fri	12:44	4.9	11:20 AM	6.0	5:30	2.8	6:12	-0.4	7:25	5:08	
10	Sat	1:20	4.9	11:56 AM	5.8	6:06	2.8	6:42	-0.3	7:24	5:09	
11	Sun	1:50	4.9	12:32	5.6	6:42	2.8	7:12	-0.2	7:24	5:10	
12	Mon	2:20	4.9	1:08	5.3	7:24	2.7	7:48	0.0	7:24	5:11	
13	Tue	2:56	4.9	1:50	4.9	8:12	2.7	8:24	0.4	7:24	5:12	
14	Wed	3:32	5.0	2:38	4.5	9:00	2.5	9:00	0.8	7:23	5:13	
15	Thu	4:08	5.1	3:38	4.1	10:06	2.3	9:48	1.2	7:23	5:14	
16	Fri	4:50	5.3	5:02	3.8	11:12	2.0	10:36	1.7	7:23	5:15	
17	Sat	5:38	5.5	6:38	3.7			12:24	1.5	7:22	5:16	
18	Sun	6:26	5.8	8:02	3.9			1:24	0.8	7:22	5:17	
19	Mon	7:14	6.1	9:14	4.2	12:42	2.4	2:18	0.2	7:21	5:19	
20	Tue	8:08	6.4	10:08	4.6	1:42	2.5	3:06	-0.5	7:21	5:20	
21	Wed	8:56	6.7	10:56	4.9	2:42	2.6	3:54	-1.0	7:20	5:21	
22	Thu	9:50	7.0	11:44	5.2	3:36	2.5	4:42	-1.3	7:20	5:22	
23	Fri	10:38	7.0			4:30	2.3	5:24	-1.5	7:19	5:23	
24	Sat	12:26	5.4	11:32 AM	6.9	5:24	2.1	6:12	-1.4	7:19	5:24	
25	Sun	1:08	5.6	12:20	6.7	6:18	1.9	6:54	-1.1	7:18	5:25	
26	Mon	1:56	5.7	1:14	6.2	7:12	1.7	7:42	-0.6	7:17	5:26	
27	Tue	2:38	5.8	2:14	5.6	8:12	1.6	8:30	0.0	7:17	5:27	
28	Wed	3:20	5.8	3:14	4.9	9:18	1.5	9:18	0.7	7:16	5:28	
29	Thu	4:14	5.8	4:32	4.3	10:30	1.3	10:12	1.3	7:15	5:30	
30	Fri	5:02	5.8	6:02	4.0	11:42	1.1	11:12	1.9	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	**5:56**	5.8	**7:32**	4.0			**12:54**	0.8	7:13	5:32	