US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:58	6.3			3:55	2.9	4:58	-0.6	7:25	5:01	
2	Sun	12:10	4.7	10:36 AM	6.4	4:35	3.0	5:33	-0.8	7:25	5:02	
3	Mon	12:49	4.8	11:15 AM	6.4	5:15	3.0	6:10	-1.0	7:25	5:02	
4	Tue	1:28	4.9	11:56 AM	6.4	5:58	3.0	6:49	-1.0	7:25	5:03	
5	Wed	2:07	5.0	12:41	6.2	6:45	2.9	7:30	-0.9	7:25	5:04	
6	Thu	2:48	5.1	1:29	5.8	7:37	2.8	8:14	-0.6	7:25	5:05	
7	Fri	3:31	5.2	2:24	5.4	8:38	2.6	9:00	-0.2	7:25	5:06	
8	Sat	4:15	5.4	3:31	4.8	9:49	2.3	9:51	0.4	7:25	5:07	
9	Sun	5:02	5.6	4:52	4.3	11:07	1.9	10:46	1.0	7:25	5:08	
10	Mon	5:50	5.9	6:26	4.0			12:22	1.3	7:24	5:09	
11	Tue	6:40	6.2	7:58	4.1			1:29	0.6	7:24	5:10	
12	Wed	7:30	6.4	9:15	4.4	12:50	2.1	2:27	-0.1	7:24	5:11	
13	Thu	8:19	6.6	10:18	4.7	1:52	2.4	3:19	-0.6	7:24	5:12	
14	Fri	9:07	6.8	11:11	4.9	2:50	2.6	4:06	-0.9	7:24	5:13	
15	Sat	9:53	6.8	11:58	5.1	3:44	2.7	4:51	-1.1	7:23	5:14	
16	Sun	10:39	6.7			4:36	2.7	5:33	-1.1	7:23	5:15	
17	Mon	12:41	5.2	11:23 AM	6.5	5:25	2.7	6:13	-1.0	7:22	5:16	
18	Tue	1:22	5.2	12:06	6.2	6:12	2.7	6:52	-0.8	7:22	5:17	
19	Wed	2:00	5.2	12:48	5.8	7:00	2.6	7:30	-0.4	7:22	5:18	
20	Thu	2:37	5.1	1:31	5.4	7:49	2.6	8:07	0.0	7:21	5:19	
21	Fri	3:13	5.1	2:17	4.8	8:41	2.5	8:46	0.5	7:21	5:20	
22	Sat	3:49	5.1	3:10	4.3	9:41	2.4	9:26	1.0	7:20	5:21	
23	Sun	4:27	5.1	4:17	3.9	10:47	2.2	10:12	1.6	7:19	5:22	
24	Mon	5:07	5.2	5:45	3.6	11:56	1.8	11:05	2.1	7:19	5:23	
25	Tue	5:50	5.3	7:24	3.6			12:59	1.4	7:18	5:25	
26	Wed	6:35	5.5	8:46	3.8	12:06	2.5	1:53	1.0	7:18	5:26	
27	Thu	7:22	5.7	9:44	4.1	1:08	2.8	2:39	0.5	7:17	5:27	
28	Fri	8:07	5.9	10:28	4.4	2:03	3.0	3:20	0.1	7:16	5:28	
29	Sat	8:51	6.1	11:07	4.6	2:52	3.0	3:58	-0.3	7:15	5:29	
30	Sun	9:35	6.3	11:43	4.8	3:36	2.9	4:35	-0.7	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	**10:19**	6.5			**4:18**	2.8	**5:12**	-0.9	7:14	5:31	