US HARBORS www.USHarbors.com

Alcatraz Island, CA - Dec 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:05	5.4	6:48	4.3			1:09	1.9	7:07	4:50	
2	Sat	7:44	5.8	8:05	4.5	12:46	0.8	2:01	1.1	7:08	4:50	
3	Sun	8:22	6.2	9:15	4.6	1:38	1.2	2:49	0.3	7:09	4:50	
4	Mon	9:00	6.6	10:18	4.9	2:27	1.5	3:36	-0.5	7:09	4:50	
5	Tue	9:40	6.9	11:18	5.0	3:16	1.8	4:23	-1.1	7:10	4:50	
6	Wed	10:23	7.1			4:05	2.2	5:11	-1.5	7:11	4:50	
7	Thu	12:14	5.2	11:07 AM	7.1	4:55	2.5	5:59	-1.7	7:12	4:50	
8	Fri	1:09	5.2	11:54 AM	7.0	5:47	2.7	6:48	-1.6	7:13	4:50	
9	Sat	2:04	5.2	12:44	6.6	6:43	2.8	7:39	-1.3	7:14	4:50	
10	Sun	2:58	5.2	1:36	6.2	7:45	2.9	8:31	-0.9	7:14	4:50	
11	Mon	3:53	5.2	2:33	5.6	8:56	2.9	9:25	-0.4	7:15	4:50	
12	Tue	4:48	5.3	3:38	5.0	10:15	2.8	10:21	0.1	7:16	4:51	
13	Wed	5:42	5.3	4:52	4.5	11:34	2.5	11:18	0.6	7:17	4:51	
14	Thu	6:31	5.5	6:15	4.1			12:45	2.0	7:17	4:51	
15	Fri	7:15	5.6	7:37	4.0	12:14	1.1	1:45	1.5	7:18	4:51	
16	Sat	7:53	5.7	8:49	4.1	1:07	1.5	2:35	1.0	7:19	4:52	
17	Sun	8:27	5.9	9:50	4.2	1:55	1.9	3:17	0.5	7:19	4:52	
18	Mon	8:59	6.0	10:41	4.4	2:40	2.3	3:54	0.2	7:20	4:53	
19	Tue	9:29	6.0	11:27	4.5	3:21	2.6	4:29	-0.1	7:20	4:53	
20	Wed	10:00	6.1			4:00	2.8	5:01	-0.3	7:21	4:54	
21	Thu	12:08	4.6	10:33 AM	6.1	4:37	3.0	5:32	-0.5	7:21	4:54	
22	Fri	12:47	4.7	11:06 AM	6.1	5:14	3.1	6:05	-0.5	7:22	4:55	
23	Sat	1:24	4.7	11:42 AM	6.0	5:51	3.2	6:38	-0.6	7:22	4:55	
24	Sun	2:02	4.8	12:18	5.9	6:30	3.2	7:14	-0.6	7:23	4:56	
25	Mon	2:40	4.8	12:58	5.7	7:13	3.2	7:52	-0.5	7:23	4:56	
26	Tue	3:20	4.8	1:43	5.4	8:04	3.1	8:34	-0.2	7:23	4:57	
27	Wed	4:01	4.9	2:35	5.0	9:05	3.0	9:19	0.1	7:24	4:58	
28	Thu	4:44	5.1	3:41	4.5	10:16	2.7	10:10	0.5	7:24	4:58	
29	Fri	5:28	5.4	5:03	4.2	11:31	2.2	11:05	1.0	7:24	4:59	
30	Sat	6:13	5.7	6:36	4.0			12:39	1.5	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	**6:57**	6.1	**8:05**	4.1	**12:03**	1.5	**1:39**	0.7	7:25	5:01	