US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:40	6.4	9:21	4.4	1:00	2.0	2:33	-0.1	7:25	5:01	
2	Tue	8:26	6.7	10:26	4.7	1:58	2.3	3:24	-0.8	7:25	5:02	
3	Wed	9:13	7.0	11:22	4.9	2:54	2.6	4:13	-1.3	7:25	5:03	
4	Thu	10:01	7.1			3:49	2.8	5:01	-1.6	7:25	5:04	
5	Fri	12:13	5.1	10:50 AM	7.1	4:43	2.8	5:48	-1.6	7:25	5:05	
6	Sat	1:01	5.2	11:40 AM	6.9	5:37	2.8	6:34	-1.5	7:25	5:06	
7	Sun	1:47	5.3	12:29	6.6	6:32	2.7	7:20	-1.2	7:25	5:07	
8	Mon	2:32	5.3	1:19	6.0	7:30	2.7	8:05	-0.7	7:25	5:08	
9	Tue	3:17	5.3	2:12	5.4	8:32	2.6	8:51	-0.2	7:25	5:09	
10	Wed	4:01	5.3	3:10	4.8	9:40	2.4	9:37	0.4	7:24	5:10	
11	Thu	4:46	5.4	4:20	4.2	10:52	2.2	10:27	1.1	7:24	5:11	
12	Fri	5:30	5.4	5:45	3.8			12:04	1.8	7:24	5:12	
13	Sat	6:13	5.5	7:20	3.7			1:09	1.4	7:24	5:13	
14	Sun	6:55	5.6	8:44	3.9	12:18	2.2	2:04	0.9	7:23	5:14	
15	Mon	7:35	5.7	9:47	4.1	1:15	2.6	2:50	0.5	7:23	5:15	
16	Tue	8:15	5.9	10:36	4.4	2:09	2.9	3:30	0.1	7:23	5:16	
17	Wed	8:54	6.0	11:17	4.6	2:57	3.0	4:07	-0.2	7:22	5:17	
18	Thu	9:32	6.1	11:53	4.7	3:40	3.1	4:41	-0.4	7:22	5:18	
19	Fri	10:10	6.2			4:19	3.1	5:14	-0.6	7:21	5:19	
20	Sat	12:26	4.8	10:48 AM	6.2	4:56	3.0	5:46	-0.7	7:21	5:20	
21	Sun	12:58	4.8	11:27 AM	6.2	5:33	2.9	6:19	-0.7	7:20	5:21	
22	Mon	1:30	4.9	12:06	6.1	6:11	2.8	6:53	-0.7	7:20	5:22	
23	Tue	2:03	5.0	12:47	5.8	6:53	2.6	7:28	-0.5	7:19	5:23	
24	Wed	2:36	5.1	1:32	5.4	7:41	2.4	8:06	-0.1	7:18	5:24	
25	Thu	3:12	5.2	2:25	5.0	8:37	2.2	8:46	0.4	7:18	5:25	
26	Fri	3:51	5.4	3:31	4.4	9:41	1.9	9:32	1.0	7:17	5:27	
27	Sat	4:34	5.6	4:57	4.0	10:54	1.5	10:25	1.6	7:16	5:28	
28	Sun	5:21	5.8	6:40	3.8			12:08	0.9	7:16	5:29	
29	Mon	6:14	6.1	8:15	4.0			1:17	0.3	7:15	5:30	
30	Tue	7:09	6.4	9:27	4.4	12:38	2.6	2:18	-0.3	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	**8:05**	6.6	**10:24**	4.7	**1:47**	2.8	**3:13**	-0.8	7:13	5:32	