US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jan 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**9:13**	6.3	**11:48**	4.6	**3:09**	3.3	**4:26**	-0.7	7:25	5:01	
2	Fri	**9:54**	6.5			**3:52**	3.4	**5:04**	-1.0	7:25	5:02	
3	Sat	**12:28**	4.7	**10:36 AM**	6.6	**4:35**	3.4	**5:44**	-1.2	7:25	5:02	
4	Sun	**1:07**	4.8	**11:20 AM**	6.6	**5:19**	3.3	**6:24**	-1.4	7:25	5:03	
5	Mon	**1:45**	4.9	**12:06**	6.5	**6:06**	3.1	**7:06**	-1.3	7:25	5:04	
6	Tue	**2:24**	5.0	**12:54**	6.2	**6:58**	3.0	**7:49**	-1.1	7:25	5:05	
7	Wed	**3:03**	5.1	**1:48**	5.8	**7:56**	2.7	**8:32**	-0.6	7:25	5:06	
8	Thu	**3:44**	5.3	**2:49**	5.1	**9:04**	2.4	**9:18**	0.0	7:25	5:07	
9	Fri	**4:26**	5.5	**4:03**	4.5	**10:20**	2.0	**10:06**	0.7	7:25	5:08	
10	Sat	**5:10**	5.8	**5:35**	4.0	**11:39**	1.4	**11:00**	1.5	7:24	5:09	
11	Sun	**5:56**	6.1	**7:17**	3.9			**12:53**	0.8	7:24	5:10	
12	Mon	**6:44**	6.3	**8:48**	4.1	**12:00**	2.2	**1:57**	0.1	7:24	5:11	
13	Tue	**7:34**	6.5	**9:59**	4.4	**1:05**	2.7	**2:52**	-0.4	7:24	5:12	
14	Wed	**8:24**	6.6	**10:55**	4.7	**2:08**	3.0	**3:42**	-0.8	7:24	5:13	
15	Thu	**9:12**	6.7	**11:42**	4.9	**3:07**	3.2	**4:27**	-1.0	7:23	5:14	
16	Fri	**9:59**	6.6			**4:01**	3.2	**5:09**	-1.0	7:23	5:15	
17	Sat	**12:25**	5.0	**10:44 AM**	6.5	**4:51**	3.1	**5:49**	-1.0	7:22	5:16	
18	Sun	**1:04**	5.0	**11:26 AM**	6.3	**5:37**	3.0	**6:26**	-0.8	7:22	5:17	
19	Mon	**1:39**	5.0	**12:07**	6.0	**6:21**	2.9	**7:01**	-0.6	7:22	5:18	
20	Tue	**2:12**	5.0	**12:46**	5.6	**7:06**	2.8	**7:35**	-0.3	7:21	5:19	
21	Wed	**2:44**	4.9	**1:27**	5.2	**7:52**	2.6	**8:07**	0.2	7:21	5:20	
22	Thu	**3:14**	5.0	**2:12**	4.7	**8:43**	2.5	**8:40**	0.7	7:20	5:21	
23	Fri	**3:44**	5.0	**3:05**	4.1	**9:41**	2.3	**9:14**	1.3	7:19	5:22	
24	Sat	**4:16**	5.1	**4:15**	3.6	**10:46**	2.0	**9:52**	1.9	7:19	5:24	
25	Sun	**4:52**	5.3	**5:56**	3.4	**11:53**	1.6	**10:40**	2.5	7:18	5:25	
26	Mon	**5:34**	5.4	**7:54**	3.5			**12:56**	1.2	7:18	5:26	
27	Tue	**6:20**	5.6	**9:18**	3.8			**1:51**	0.7	7:17	5:27	
28	Wed	**7:09**	5.8	**10:10**	4.2	**12:54**	3.3	**2:39**	0.2	7:16	5:28	
29	Thu	**8:00**	6.0	**10:50**	4.4	**1:58**	3.4	**3:23**	-0.3	7:15	5:29	
30	Fri	**8:49**	6.3	**11:25**	4.6	**2:51**	3.4	**4:04**	-0.8	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	**9:37**	6.5			**3:38**	3.2	**4:44**	-1.1	7:14	5:31	