

Alcatraz Island, CA - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:30	5.6	8:28	3.6			1:46	1.0	7:25	5:01	
2	Fri	7:10	5.9	9:41	4.0	12:37	2.8	2:31	0.3	7:25	5:02	
3	Sat	7:52	6.2	10:36	4.3	1:34	3.1	3:14	-0.3	7:25	5:03	
4	Sun	8:37	6.5	11:22	4.6	2:28	3.3	3:56	-0.8	7:25	5:04	
5	Mon	9:23	6.7			3:19	3.4	4:39	-1.2	7:25	5:05	
6	Tue	12:04	4.8	10:12 AM	6.9	4:09	3.3	5:23	-1.5	7:25	5:05	
7	Wed	12:44	4.9	11:01 AM	7.0	4:58	3.2	6:07	-1.6	7:25	5:06	
8	Thu	1:24	5.0	11:51 AM	6.9	5:50	2.9	6:50	-1.5	7:25	5:07	
9	Fri	2:03	5.2	12:43	6.5	6:45	2.7	7:34	-1.2	7:24	5:08	
10	Sat	2:42	5.3	1:39	6.0	7:45	2.4	8:17	-0.7	7:24	5:09	
11	Sun	3:23	5.5	2:40	5.2	8:53	2.1	9:01	0.0	7:24	5:10	
12	Mon	4:05	5.7	3:53	4.5	10:07	1.7	9:48	0.8	7:24	5:11	
13	Tue	4:49	6.0	5:23	3.9	11:24	1.2	10:40	1.7	7:24	5:12	
14	Wed	5:37	6.1	7:08	3.8			12:39	0.7	7:23	5:13	
15	Thu	6:26	6.3	8:43	4.0			1:45	0.2	7:23	5:14	
16	Fri	7:18	6.3	9:54	4.3	12:50	2.9	2:42	-0.2	7:23	5:15	
17	Sat	8:08	6.4	10:47	4.6	1:57	3.2	3:31	-0.5	7:22	5:16	
18	Sun	8:56	6.3	11:31	4.8	2:58	3.3	4:15	-0.7	7:22	5:17	
19	Mon	9:42	6.3			3:50	3.3	4:54	-0.7	7:21	5:19	
20	Tue	12:10	4.9	10:24 AM	6.2	4:35	3.2	5:30	-0.7	7:21	5:20	
21	Wed	12:44	4.9	11:03 AM	6.1	5:16	3.0	6:03	-0.6	7:20	5:21	
22	Thu	1:14	4.8	11:40 AM	5.9	5:54	2.9	6:34	-0.5	7:20	5:22	
23	Fri	1:41	4.8	12:17	5.6	6:32	2.7	7:03	-0.3	7:19	5:23	
24	Sat	2:06	4.9	12:54	5.3	7:12	2.6	7:32	0.1	7:18	5:24	
25	Sun	2:31	4.9	1:34	4.8	7:54	2.4	8:00	0.5	7:18	5:25	
26	Mon	2:58	5.0	2:20	4.4	8:43	2.2	8:30	1.1	7:17	5:26	
27	Tue	3:26	5.2	3:18	3.9	9:38	2.0	9:03	1.7	7:16	5:27	
28	Wed	3:59	5.3	4:41	3.5	10:42	1.7	9:41	2.3	7:16	5:28	
29	Thu	4:38	5.5	6:39	3.4	11:51	1.3	10:33	2.9	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Fri	5:25	5.6	8:31	3.7			12:57	0.8	7:14	5:31	
31	Sat	6:19	5.8	9:37	4.0			1:56	0.2	7:13	5:32	