

Alcatraz Island, CA - Jan 1804

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:08	5.2	1:56	5.2	8:23	2.6	8:34	0.1	7:32	5:08	
2	Mon	3:45	5.2	2:49	4.5	9:26	2.4	9:13	0.7	7:32	5:08	
3	Tue	4:22	5.3	3:53	4.0	10:33	2.2	9:54	1.3	7:32	5:09	
4	Wed	5:00	5.3	5:17	3.5	11:42	1.8	10:40	2.0	7:33	5:10	
5	Thu	5:38	5.5	7:03	3.4			12:46	1.4	7:33	5:11	
6	Fri	6:19	5.6	8:41	3.6			1:42	0.9	7:33	5:12	
7	Sat	7:02	5.7	9:47	3.9	12:37	3.0	2:30	0.5	7:33	5:13	
8	Sun	7:45	5.9	10:35	4.2	1:37	3.2	3:13	0.1	7:33	5:14	
9	Mon	8:29	6.1	11:13	4.4	2:30	3.4	3:51	-0.3	7:32	5:15	
10	Tue	9:12	6.2	11:47	4.6	3:16	3.4	4:28	-0.6	7:32	5:16	
11	Wed	9:54	6.4			3:58	3.3	5:02	-0.8	7:32	5:17	
12	Thu	12:18	4.7	10:35 AM	6.4	4:37	3.2	5:37	-1.0	7:32	5:17	
13	Fri	12:50	4.8	11:17 AM	6.4	5:18	3.0	6:11	-1.0	7:32	5:18	
14	Sat	1:21	4.9	12:00	6.2	6:01	2.7	6:47	-0.9	7:32	5:19	
15	Sun	1:53	5.1	12:46	5.9	6:49	2.5	7:23	-0.6	7:31	5:21	
16	Mon	2:26	5.3	1:36	5.4	7:41	2.2	8:00	-0.1	7:31	5:22	
17	Tue	3:00	5.5	2:35	4.8	8:41	1.9	8:40	0.5	7:31	5:23	
18	Wed	3:38	5.8	3:48	4.2	9:49	1.5	9:24	1.3	7:30	5:24	
19	Thu	4:21	6.0	5:22	3.8	11:04	1.0	10:17	2.0	7:30	5:25	
20	Fri	5:09	6.2	7:11	3.7			12:21	0.5	7:29	5:26	
21	Sat	6:05	6.4	8:43	4.0			1:31	0.0	7:29	5:27	
22	Sun	7:04	6.5	9:49	4.4	12:37	3.1	2:32	-0.5	7:28	5:28	
23	Mon	8:03	6.6	10:39	4.7	1:51	3.2	3:25	-0.8	7:28	5:29	
24	Tue	8:59	6.7	11:23	5.0	2:55	3.1	4:12	-1.1	7:27	5:30	
25	Wed	9:51	6.7			3:51	2.9	4:55	-1.1	7:26	5:31	
26	Thu	12:02	5.1	10:40 AM	6.5	4:43	2.7	5:35	-1.0	7:26	5:32	
27	Fri	12:38	5.2	11:25 AM	6.3	5:31	2.4	6:11	-0.8	7:25	5:33	
28	Sat	1:11	5.3	12:09	5.9	6:17	2.2	6:45	-0.4	7:24	5:35	
29	Sun	1:43	5.3	12:52	5.5	7:03	2.1	7:18	0.0	7:24	5:36	
30	Mon	2:13	5.3	1:37	4.9	7:49	1.9	7:49	0.6	7:23	5:37	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	2:41	5.4	2:25	4.4	8:39	1.8	8:21	1.2	7:22	5:38	