

Alcatraz Island, CA - Jan 1840

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:37	6.0	11:20	4.4	2:38	3.3	3:59	-0.2	7:32	5:08	
2	Thu	9:16	6.1	11:57	4.6	3:23	3.4	4:34	-0.5	7:32	5:09	
3	Fri	9:55	6.2			4:04	3.4	5:08	-0.6	7:32	5:09	
4	Sat	12:30	4.6	10:33 AM	6.3	4:42	3.4	5:42	-0.8	7:32	5:10	
5	Sun	1:02	4.7	11:12 AM	6.2	5:19	3.3	6:14	-0.8	7:33	5:11	
6	Mon	1:32	4.7	11:50 AM	6.1	5:57	3.1	6:48	-0.8	7:33	5:12	
7	Tue	2:03	4.8	12:31	5.9	6:39	3.0	7:21	-0.7	7:33	5:13	
8	Wed	2:34	4.9	1:14	5.5	7:27	2.8	7:57	-0.4	7:32	5:14	
9	Thu	3:07	5.1	2:05	5.0	8:22	2.5	8:34	0.1	7:32	5:15	
10	Fri	3:41	5.3	3:07	4.4	9:26	2.1	9:15	0.8	7:32	5:16	
11	Sat	4:18	5.6	4:30	3.9	10:37	1.7	10:01	1.5	7:32	5:17	
12	Sun	5:00	5.9	6:15	3.7	11:52	1.1	10:57	2.2	7:32	5:18	
13	Mon	5:48	6.2	8:01	3.8			1:02	0.4	7:32	5:19	
14	Tue	6:41	6.4	9:23	4.2	12:03	2.8	2:05	-0.3	7:31	5:20	
15	Wed	7:37	6.7	10:23	4.5	1:14	3.1	3:01	-0.8	7:31	5:21	
16	Thu	8:33	6.9	11:11	4.8	2:22	3.2	3:53	-1.2	7:31	5:22	
17	Fri	9:28	7.0	11:55	5.0	3:23	3.2	4:41	-1.4	7:30	5:23	
18	Sat	10:21	7.0			4:19	3.0	5:26	-1.5	7:30	5:24	
19	Sun	12:35	5.2	11:12 AM	6.8	5:13	2.7	6:08	-1.3	7:30	5:25	
20	Mon	1:13	5.3	12:00	6.4	6:05	2.5	6:47	-1.0	7:29	5:26	
21	Tue	1:50	5.3	12:48	5.9	6:57	2.3	7:25	-0.5	7:29	5:27	
22	Wed	2:25	5.4	1:37	5.3	7:50	2.1	8:01	0.1	7:28	5:28	
23	Thu	3:00	5.4	2:29	4.7	8:47	1.9	8:38	0.8	7:27	5:29	
24	Fri	3:34	5.5	3:30	4.1	9:48	1.7	9:15	1.5	7:27	5:30	
25	Sat	4:10	5.5	4:52	3.6	10:55	1.5	9:58	2.2	7:26	5:31	
26	Sun	4:49	5.5	6:45	3.4			12:04	1.2	7:26	5:33	
27	Mon	5:33	5.5	8:35	3.7			1:08	0.9	7:25	5:34	
28	Tue	6:23	5.6	9:41	4.0	12:06	3.3	2:05	0.5	7:24	5:35	
29	Wed	7:16	5.7	10:24	4.3	1:20	3.5	2:53	0.2	7:23	5:36	
30	Thu	8:07	5.8	10:58	4.5	2:20	3.5	3:35	-0.1	7:23	5:37	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	8:54	6.0	11:27	4.6	3:08	3.3	4:12	-0.4	7:22	5:38	