

Alcatraz Island, CA - Jan 1856

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:14	5.4	7:16	3.5			1:15	1.5	7:32	5:08	
2	Wed	6:50	5.6	8:47	3.7	12:03	2.4	2:03	0.9	7:32	5:09	
3	Thu	7:29	5.9	9:54	4.0	12:58	2.8	2:46	0.3	7:32	5:09	
4	Fri	8:09	6.1	10:46	4.3	1:52	3.1	3:27	-0.3	7:32	5:10	
5	Sat	8:51	6.4	11:31	4.6	2:43	3.3	4:07	-0.8	7:32	5:11	
6	Sun	9:36	6.6			3:31	3.4	4:48	-1.2	7:32	5:12	
7	Mon	12:12	4.8	10:21 AM	6.8	4:18	3.3	5:31	-1.5	7:32	5:13	
8	Tue	12:52	4.9	11:09 AM	6.9	5:05	3.2	6:13	-1.6	7:32	5:14	
9	Wed	1:31	5.0	11:58 AM	6.8	5:56	3.0	6:57	-1.5	7:32	5:15	
10	Thu	2:10	5.1	12:49	6.4	6:50	2.8	7:40	-1.2	7:32	5:16	
11	Fri	2:50	5.2	1:44	5.9	7:50	2.5	8:24	-0.7	7:32	5:17	
12	Sat	3:30	5.4	2:45	5.2	8:57	2.2	9:09	0.0	7:32	5:18	
13	Sun	4:13	5.7	3:59	4.5	10:13	1.8	9:57	0.8	7:32	5:19	
14	Mon	4:57	5.9	5:30	4.0	11:32	1.3	10:50	1.6	7:31	5:20	
15	Tue	5:44	6.1	7:14	3.8			12:46	0.7	7:31	5:21	
16	Wed	6:34	6.3	8:47	4.0			1:52	0.1	7:31	5:22	
17	Thu	7:24	6.4	9:57	4.4	12:57	2.8	2:48	-0.3	7:30	5:23	
18	Fri	8:14	6.5	10:51	4.7	2:03	3.1	3:37	-0.6	7:30	5:24	
19	Sat	9:03	6.5	11:36	4.9	3:03	3.3	4:21	-0.8	7:29	5:25	
20	Sun	9:48	6.4			3:55	3.2	5:01	-0.8	7:29	5:26	
21	Mon	12:16	4.9	10:31 AM	6.3	4:42	3.1	5:38	-0.8	7:28	5:27	
22	Tue	12:52	4.9	11:11 AM	6.2	5:24	3.0	6:12	-0.7	7:28	5:28	
23	Wed	1:24	4.9	11:49 AM	5.9	6:05	2.9	6:44	-0.5	7:27	5:29	
24	Thu	1:54	4.9	12:27	5.6	6:45	2.7	7:14	-0.2	7:27	5:30	
25	Fri	2:21	4.9	1:05	5.2	7:26	2.6	7:44	0.1	7:26	5:32	
26	Sat	2:47	4.9	1:46	4.8	8:12	2.4	8:14	0.6	7:25	5:33	
27	Sun	3:15	5.0	2:33	4.3	9:03	2.3	8:44	1.2	7:25	5:34	
28	Mon	3:44	5.1	3:35	3.8	10:01	2.0	9:18	1.8	7:24	5:35	
29	Tue	4:18	5.3	5:03	3.4	11:07	1.7	9:58	2.4	7:23	5:36	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Wed	4:58	5.4	7:03	3.4			12:15	1.3	7:23	5:37	
31	Thu	5:45	5.6	8:48	3.7			1:16	0.8	7:22	5:38	