

Alcatraz Island, CA - Jan 1869

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:22	5.3	1:10	6.3	7:12	2.6	7:55	-1.1	7:32	5:09	
2	Sat	3:09	5.4	2:06	5.8	8:14	2.5	8:44	-0.6	7:32	5:09	
3	Sun	3:57	5.5	3:10	5.2	9:26	2.3	9:36	0.0	7:32	5:10	
4	Mon	4:47	5.7	4:26	4.6	10:44	2.0	10:33	0.6	7:32	5:11	
5	Tue	5:39	5.9	5:53	4.2			12:02	1.5	7:32	5:12	
6	Wed	6:30	6.1	7:24	4.1			1:12	0.9	7:32	5:13	
7	Thu	7:19	6.3	8:45	4.2	12:35	1.8	2:12	0.3	7:32	5:14	
8	Fri	8:06	6.4	9:51	4.5	1:35	2.2	3:04	-0.1	7:32	5:15	
9	Sat	8:51	6.5	10:46	4.7	2:32	2.5	3:50	-0.4	7:32	5:16	
10	Sun	9:33	6.5	11:34	4.9	3:23	2.7	4:31	-0.6	7:32	5:17	
11	Mon	10:13	6.4			4:11	2.8	5:08	-0.7	7:32	5:18	
12	Tue	12:16	5.0	10:51 AM	6.3	4:55	2.8	5:44	-0.7	7:32	5:19	
13	Wed	12:54	5.0	11:28 AM	6.1	5:36	2.8	6:18	-0.6	7:31	5:20	
14	Thu	1:29	4.9	12:04	5.9	6:16	2.8	6:51	-0.4	7:31	5:21	
15	Fri	2:01	4.9	12:41	5.6	6:57	2.8	7:24	-0.2	7:31	5:22	
16	Sat	2:33	4.9	1:19	5.2	7:39	2.7	7:58	0.1	7:30	5:23	
17	Sun	3:05	4.9	2:01	4.8	8:26	2.7	8:34	0.5	7:30	5:24	
18	Mon	3:40	5.0	2:50	4.4	9:21	2.5	9:12	0.9	7:29	5:25	
19	Tue	4:17	5.1	3:53	4.0	10:25	2.3	9:56	1.4	7:29	5:26	
20	Wed	4:58	5.2	5:16	3.6	11:34	2.0	10:47	1.9	7:28	5:27	
21	Thu	5:42	5.4	6:53	3.6			12:39	1.5	7:28	5:28	
22	Fri	6:29	5.6	8:19	3.8			1:35	0.9	7:27	5:29	
23	Sat	7:17	5.9	9:24	4.2	12:50	2.6	2:24	0.3	7:27	5:30	
24	Sun	8:05	6.2	10:16	4.5	1:49	2.8	3:09	-0.3	7:26	5:31	
25	Mon	8:54	6.5	11:02	4.8	2:43	2.8	3:53	-0.8	7:26	5:32	
26	Tue	9:42	6.8	11:44	5.0	3:34	2.7	4:37	-1.2	7:25	5:34	
27	Wed	10:31	6.9			4:24	2.5	5:21	-1.4	7:24	5:35	
28	Thu	12:25	5.3	11:21 AM	6.9	5:14	2.3	6:04	-1.4	7:23	5:36	
29	Fri	1:06	5.4	12:12	6.7	6:05	2.0	6:48	-1.2	7:23	5:37	
30	Sat	1:47	5.6	1:05	6.3	7:00	1.8	7:33	-0.8	7:22	5:38	
31	Sun	2:30	5.7	2:02	5.7	7:59	1.6	8:18	-0.2	7:21	5:39	