

Alcatraz Island, CA - Jan 1876

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:19	4.8	1:48	5.1	8:13	3.0	8:36	0.0	7:32	5:08	
2	Sun	3:53	5.0	2:42	4.6	9:14	2.7	9:15	0.5	7:32	5:09	
3	Mon	4:28	5.2	3:52	4.1	10:24	2.3	9:59	1.1	7:32	5:10	
4	Tue	5:05	5.5	5:26	3.7	11:36	1.7	10:49	1.7	7:32	5:10	
5	Wed	5:46	5.8	7:13	3.7			12:44	1.0	7:32	5:11	
6	Thu	6:31	6.2	8:47	3.9			1:45	0.2	7:32	5:12	
7	Fri	7:20	6.5	9:59	4.3	12:51	2.9	2:40	-0.5	7:32	5:13	
8	Sat	8:12	6.8	10:55	4.7	1:55	3.2	3:32	-1.1	7:32	5:14	
9	Sun	9:06	7.1	11:43	4.9	2:56	3.2	4:22	-1.5	7:32	5:15	
10	Mon	9:59	7.2			3:54	3.2	5:11	-1.7	7:32	5:16	
11	Tue	12:28	5.1	10:53 AM	7.1	4:50	3.0	5:57	-1.7	7:32	5:17	
12	Wed	1:10	5.2	11:45 AM	6.9	5:45	2.8	6:42	-1.5	7:32	5:18	
13	Thu	1:51	5.3	12:36	6.5	6:41	2.5	7:25	-1.1	7:31	5:19	
14	Fri	2:31	5.4	1:29	5.9	7:40	2.3	8:07	-0.5	7:31	5:20	
15	Sat	3:11	5.5	2:24	5.1	8:43	2.1	8:48	0.2	7:31	5:21	
16	Sun	3:50	5.6	3:28	4.4	9:50	1.9	9:30	0.9	7:31	5:22	
17	Mon	4:31	5.6	4:47	3.8	11:02	1.6	10:17	1.7	7:30	5:23	
18	Tue	5:12	5.7	6:30	3.6			12:13	1.2	7:30	5:24	
19	Wed	5:56	5.7	8:17	3.7			1:17	0.8	7:29	5:25	
20	Thu	6:42	5.7	9:34	4.0	12:17	3.0	2:13	0.4	7:29	5:26	
21	Fri	7:29	5.8	10:26	4.3	1:24	3.3	3:01	0.1	7:28	5:27	
22	Sat	8:15	5.9	11:06	4.5	2:24	3.4	3:42	-0.1	7:28	5:28	
23	Sun	8:59	6.0	11:40	4.6	3:14	3.4	4:20	-0.3	7:27	5:29	
24	Mon	9:41	6.1			3:56	3.3	4:54	-0.5	7:27	5:31	
25	Tue	12:09	4.7	10:20 AM	6.1	4:33	3.2	5:26	-0.6	7:26	5:32	
26	Wed	12:37	4.7	10:59 AM	6.1	5:08	3.0	5:56	-0.7	7:25	5:33	
27	Thu	1:03	4.8	11:36 AM	6.0	5:43	2.8	6:25	-0.6	7:25	5:34	
28	Fri	1:29	4.9	12:15	5.8	6:21	2.6	6:55	-0.4	7:24	5:35	
29	Sat	1:55	5.0	12:56	5.4	7:03	2.3	7:25	-0.1	7:23	5:36	
30	Sun	2:23	5.2	1:42	5.0	7:50	2.1	7:58	0.4	7:22	5:37	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	2:53	5.4	2:38	4.4	8:43	1.8	8:33	1.0	7:22	5:38	