

Alcatraz Island, CA - Jan 1945

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:24	5.0	1:48	5.9	8:07	3.0	8:43	-0.5	8:25	6:01	
2	Tue	4:05	5.0	2:31	5.4	8:59	3.0	9:23	-0.1	8:25	6:02	
3	Wed	4:46	4.9	3:17	4.9	9:57	2.9	10:04	0.3	8:25	6:03	
4	Thu	5:26	5.0	4:10	4.4	11:02	2.8	10:48	0.8	8:25	6:03	
5	Fri	6:05	5.0	5:17	3.9			12:12	2.5	8:25	6:04	
6	Sat	6:45	5.1	6:41	3.6			1:19	2.1	8:25	6:05	
7	Sun	7:24	5.3	8:15	3.6	12:26	1.8	2:17	1.6	8:25	6:06	
8	Mon	8:03	5.5	9:38	3.7	1:21	2.2	3:06	1.0	8:25	6:07	
9	Tue	8:42	5.8	10:41	4.0	2:14	2.5	3:49	0.5	8:25	6:08	
10	Wed	9:21	6.0	11:32	4.3	3:05	2.8	4:28	0.0	8:25	6:09	
11	Thu	10:01	6.2			3:52	3.0	5:05	-0.4	8:25	6:10	
12	Fri	12:16	4.6	10:42 AM	6.4	4:36	3.0	5:43	-0.8	8:24	6:11	
13	Sat	12:56	4.8	11:24 AM	6.6	5:19	3.0	6:22	-1.1	8:24	6:12	
14	Sun	1:36	4.9	12:07	6.7	6:03	2.9	7:02	-1.3	8:24	6:13	
15	Mon	2:15	5.0	12:53	6.6	6:49	2.8	7:43	-1.3	8:24	6:14	
16	Tue	2:54	5.1	1:40	6.4	7:39	2.7	8:26	-1.1	8:23	6:15	
17	Wed	3:34	5.3	2:32	5.9	8:34	2.5	9:10	-0.7	8:23	6:16	
18	Thu	4:16	5.4	3:30	5.4	9:36	2.2	9:56	-0.1	8:22	6:17	
19	Fri	5:00	5.6	4:39	4.8	10:48	1.9	10:46	0.6	8:22	6:18	
20	Sat	5:47	5.8	6:04	4.2			12:06	1.5	8:21	6:19	
21	Sun	6:37	6.0	7:40	4.0			1:23	1.0	8:21	6:20	
22	Mon	7:29	6.2	9:12	4.1	12:44	1.9	2:31	0.4	8:20	6:21	
23	Tue	8:21	6.4	10:26	4.4	1:50	2.4	3:31	-0.1	8:20	6:23	
24	Wed	9:13	6.5	11:25	4.7	2:55	2.7	4:22	-0.5	8:19	6:24	
25	Thu	10:02	6.5			3:54	2.8	5:08	-0.7	8:19	6:25	
26	Fri	12:13	4.9	10:48 AM	6.5	4:47	2.8	5:50	-0.8	8:18	6:26	
27	Sat	12:57	5.1	11:32 AM	6.4	5:36	2.8	6:28	-0.8	8:17	6:27	
28	Sun	1:36	5.1	12:14	6.2	6:21	2.7	7:05	-0.7	8:16	6:28	
29	Mon	2:11	5.1	12:53	6.0	7:03	2.6	7:39	-0.5	8:16	6:29	
30	Tue	2:44	5.1	1:32	5.7	7:45	2.5	8:12	-0.2	8:15	6:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	3:15	5.0	2:11	5.3	8:28	2.4	8:45	0.2	8:14	6:31	