

Alcatraz Island, CA - Dec 1953

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:53	5.6	9:14	3.9	1:17	2.0	2:45	0.8	7:06	4:51	
2	Wed	8:23	5.8	10:11	4.1	2:00	2.4	3:23	0.3	7:07	4:50	
3	Thu	8:54	6.0	11:00	4.3	2:41	2.7	3:58	-0.1	7:08	4:50	
4	Fri	9:26	6.1	11:45	4.5	3:21	3.0	4:32	-0.4	7:09	4:50	
5	Sat	10:01	6.2			3:59	3.2	5:07	-0.6	7:10	4:50	
6	Sun	12:27	4.6	10:37 AM	6.3	4:37	3.3	5:42	-0.8	7:11	4:50	
7	Mon	1:07	4.6	11:16 AM	6.3	5:16	3.3	6:20	-0.9	7:11	4:50	
8	Tue	1:47	4.7	11:57 AM	6.2	5:58	3.3	7:00	-1.0	7:12	4:50	
9	Wed	2:28	4.7	12:41	6.0	6:46	3.3	7:42	-0.9	7:13	4:50	
10	Thu	3:10	4.8	1:30	5.7	7:41	3.2	8:26	-0.6	7:14	4:50	
11	Fri	3:52	4.9	2:27	5.2	8:47	3.0	9:13	-0.2	7:15	4:50	
12	Sat	4:34	5.2	3:36	4.7	10:04	2.6	10:03	0.3	7:15	4:51	
13	Sun	5:17	5.5	5:00	4.2	11:24	2.0	10:56	0.9	7:16	4:51	
14	Mon	6:01	5.8	6:35	4.0			12:36	1.3	7:17	4:51	
15	Tue	6:44	6.2	8:06	4.0			1:38	0.5	7:18	4:51	
16	Wed	7:29	6.5	9:24	4.3	12:51	2.1	2:33	-0.3	7:18	4:52	
17	Thu	8:15	6.8	10:28	4.6	1:49	2.5	3:24	-0.9	7:19	4:52	
18	Fri	9:01	7.0	11:23	4.8	2:45	2.8	4:11	-1.2	7:20	4:52	
19	Sat	9:48	7.0			3:40	3.0	4:57	-1.4	7:20	4:53	
20	Sun	12:13	5.0	10:34 AM	6.9	4:32	3.1	5:41	-1.4	7:21	4:53	
21	Mon	12:58	5.1	11:20 AM	6.7	5:24	3.0	6:24	-1.3	7:21	4:54	
22	Tue	1:42	5.1	12:05	6.4	6:15	3.0	7:05	-1.0	7:22	4:54	
23	Wed	2:23	5.1	12:50	5.9	7:08	2.9	7:45	-0.6	7:22	4:55	
24	Thu	3:03	5.0	1:35	5.4	8:03	2.8	8:24	-0.2	7:23	4:55	
25	Fri	3:42	5.0	2:24	4.8	9:03	2.7	9:03	0.4	7:23	4:56	
26	Sat	4:19	5.1	3:21	4.2	10:09	2.5	9:43	1.0	7:23	4:57	
27	Sun	4:56	5.2	4:33	3.7	11:19	2.2	10:27	1.6	7:24	4:57	
28	Mon	5:33	5.3	6:07	3.4			12:25	1.7	7:24	4:58	
29	Tue	6:11	5.4	7:51	3.5			1:23	1.2	7:24	4:59	
30	Wed	6:50	5.6	9:14	3.7	12:13	2.7	2:12	0.7	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	7:31	5.8	10:08	4.1	1:11	3.0	2:56	0.3	7:25	5:00	