

Alcatraz Island, CA - Jan 1954

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:15	6.1	10:51	4.3	2:08	3.2	3:35	-0.2	7:25	5:01	
2	Sat	8:57	6.2	11:29	4.5	2:55	3.3	4:12	-0.5	7:25	5:02	
3	Sun	9:39	6.4			3:39	3.2	4:48	-0.8	7:25	5:02	
4	Mon	12:04	4.7	10:22 AM	6.5	4:21	3.2	5:24	-1.0	7:25	5:03	
5	Tue	12:38	4.8	11:05 AM	6.5	5:03	3.0	6:01	-1.2	7:25	5:04	
6	Wed	1:12	4.9	11:49 AM	6.4	5:48	2.8	6:38	-1.1	7:25	5:05	
7	Thu	1:47	5.1	12:35	6.1	6:36	2.6	7:16	-0.9	7:25	5:06	
8	Fri	2:22	5.3	1:26	5.7	7:30	2.3	7:56	-0.4	7:25	5:07	
9	Sat	2:59	5.5	2:24	5.1	8:31	2.0	8:37	0.2	7:25	5:08	
10	Sun	3:39	5.7	3:33	4.5	9:39	1.7	9:23	0.9	7:25	5:09	
11	Mon	4:22	6.0	5:01	3.9	10:55	1.2	10:15	1.7	7:25	5:10	
12	Tue	5:10	6.2	6:43	3.8			12:12	0.7	7:24	5:11	
13	Wed	6:04	6.3	8:19	4.0			1:22	0.2	7:24	5:12	
14	Thu	7:00	6.5	9:32	4.3	12:28	2.8	2:23	-0.3	7:24	5:13	
15	Fri	7:56	6.6	10:27	4.7	1:39	3.0	3:16	-0.7	7:24	5:14	
16	Sat	8:50	6.7	11:13	4.9	2:43	3.0	4:04	-0.9	7:23	5:15	
17	Sun	9:41	6.7	11:54	5.1	3:40	2.9	4:47	-1.0	7:23	5:16	
18	Mon	10:28	6.5			4:31	2.8	5:26	-1.0	7:22	5:17	
19	Tue	12:32	5.1	11:12 AM	6.3	5:18	2.6	6:02	-0.8	7:22	5:18	
20	Wed	1:06	5.2	11:55 AM	6.0	6:04	2.4	6:36	-0.5	7:22	5:19	
21	Thu	1:38	5.2	12:36	5.6	6:48	2.3	7:09	-0.2	7:21	5:20	
22	Fri	2:08	5.2	1:18	5.1	7:34	2.2	7:40	0.3	7:20	5:21	
23	Sat	2:37	5.3	2:03	4.6	8:22	2.0	8:12	0.9	7:20	5:22	
24	Sun	3:07	5.3	2:55	4.1	9:15	1.9	8:45	1.5	7:19	5:23	
25	Mon	3:39	5.3	4:02	3.6	10:15	1.7	9:21	2.1	7:19	5:25	
26	Tue	4:16	5.4	5:37	3.4	11:22	1.5	10:07	2.6	7:18	5:26	
27	Wed	5:01	5.4	7:37	3.4			12:29	1.2	7:17	5:27	
28	Thu	5:52	5.5	9:01	3.8			1:30	0.8	7:17	5:28	
29	Fri	6:47	5.7	9:50	4.1	12:32	3.3	2:21	0.3	7:16	5:29	
30	Sat	7:41	5.9	10:26	4.3	1:40	3.4	3:05	-0.1	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	8:32	6.1	10:58	4.6	2:34	3.2	3:45	-0.5	7:14	5:31	