

Alcatraz Island, CA - Jan 1967

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:51	5.2	2:38	5.3	8:58	2.7	9:18	-0.2	7:25	5:01	
2	Mon	4:34	5.4	3:50	4.7	10:15	2.3	10:08	0.4	7:25	5:01	
3	Tue	5:18	5.7	5:17	4.1	11:34	1.7	11:01	1.2	7:25	5:02	
4	Wed	6:03	6.0	6:56	3.9			12:47	1.0	7:25	5:03	
5	Thu	6:49	6.3	8:30	4.0			1:50	0.3	7:25	5:04	
6	Fri	7:36	6.5	9:46	4.3	12:59	2.4	2:46	-0.3	7:25	5:05	
7	Sat	8:22	6.7	10:47	4.6	2:00	2.9	3:36	-0.8	7:25	5:06	
8	Sun	9:09	6.7	11:37	4.8	2:58	3.1	4:21	-1.0	7:25	5:07	
9	Mon	9:55	6.7			3:53	3.2	5:04	-1.1	7:25	5:08	
10	Tue	12:22	5.0	10:39 AM	6.6	4:43	3.2	5:45	-1.1	7:25	5:09	
11	Wed	1:03	5.0	11:21 AM	6.4	5:30	3.1	6:23	-0.9	7:25	5:10	
12	Thu	1:41	5.0	12:02	6.1	6:16	3.1	7:00	-0.7	7:24	5:11	
13	Fri	2:17	4.9	12:43	5.7	7:01	3.0	7:36	-0.4	7:24	5:12	
14	Sat	2:50	4.9	1:23	5.3	7:49	2.9	8:10	0.0	7:24	5:13	
15	Sun	3:21	4.9	2:08	4.8	8:41	2.7	8:45	0.5	7:24	5:14	
16	Mon	3:53	5.0	2:59	4.2	9:41	2.5	9:21	1.0	7:23	5:15	
17	Tue	4:25	5.1	4:07	3.7	10:48	2.2	10:00	1.6	7:23	5:16	
18	Wed	5:01	5.2	5:41	3.4	11:56	1.8	10:47	2.2	7:23	5:17	
19	Thu	5:39	5.4	7:33	3.4			12:58	1.3	7:22	5:18	
20	Fri	6:22	5.6	9:03	3.7			1:52	0.8	7:22	5:19	
21	Sat	7:08	5.8	10:03	4.1	12:49	3.1	2:38	0.3	7:21	5:20	
22	Sun	7:55	6.0	10:47	4.4	1:50	3.3	3:21	-0.2	7:21	5:21	
23	Mon	8:43	6.3	11:25	4.6	2:44	3.4	4:02	-0.7	7:20	5:22	
24	Tue	9:30	6.5			3:32	3.3	4:42	-1.1	7:19	5:23	
25	Wed	12:01	4.8	10:17 AM	6.7	4:17	3.1	5:22	-1.3	7:19	5:24	
26	Thu	12:36	4.9	11:04 AM	6.8	5:03	2.9	6:02	-1.4	7:18	5:25	
27	Fri	1:11	5.1	11:53 AM	6.7	5:51	2.6	6:42	-1.3	7:17	5:27	
28	Sat	1:46	5.2	12:43	6.3	6:42	2.3	7:22	-0.9	7:17	5:28	
29	Sun	2:22	5.4	1:37	5.8	7:39	1.9	8:03	-0.3	7:16	5:29	
30	Mon	3:00	5.6	2:38	5.1	8:41	1.6	8:45	0.4	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	3:41	5.8	3:52	4.4	9:51	1.3	9:31	1.2	7:14	5:31	