

## Alcatraz Island, CA - Jan 1968

| Date |     | High  |     |          |     | Low   |     |       |      |  |      |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|-------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM       | ft  | AM    | ft  | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                |
| 1    | Mon | 1:21  | 5.1 | 11:43 AM | 6.7 | 5:46  | 3.1 | 6:46  | -1.4 | 7:25                                                                                | 5:00 | ●                                                                                   |
| 2    | Tue | 2:04  | 5.1 | 12:32    | 6.3 | 6:41  | 3.0 | 7:30  | -1.0 | 7:25                                                                                | 5:01 | ●                                                                                   |
| 3    | Wed | 2:47  | 5.1 | 1:21     | 5.8 | 7:38  | 2.9 | 8:13  | -0.6 | 7:25                                                                                | 5:02 | ◐                                                                                   |
| 4    | Thu | 3:28  | 5.1 | 2:11     | 5.2 | 8:40  | 2.8 | 8:54  | 0.0  | 7:25                                                                                | 5:03 | ◑                                                                                   |
| 5    | Fri | 4:08  | 5.2 | 3:08     | 4.5 | 9:47  | 2.5 | 9:37  | 0.6  | 7:25                                                                                | 5:04 | ◑                                                                                   |
| 6    | Sat | 4:47  | 5.2 | 4:17     | 4.0 | 10:59 | 2.2 | 10:21 | 1.3  | 7:25                                                                                | 5:05 | ◑                                                                                   |
| 7    | Sun | 5:25  | 5.3 | 5:47     | 3.6 |       |     | 12:09 | 1.8  | 7:25                                                                                | 5:06 | ◐                                                                                   |
| 8    | Mon | 6:03  | 5.5 | 7:31     | 3.5 |       |     | 1:11  | 1.3  | 7:25                                                                                | 5:06 | ◐                                                                                   |
| 9    | Tue | 6:41  | 5.6 | 9:00     | 3.7 | 12:04 | 2.5 | 2:04  | 0.8  | 7:25                                                                                | 5:07 | ◐                                                                                   |
| 10   | Wed | 7:20  | 5.8 | 10:03    | 4.1 | 1:02  | 2.9 | 2:49  | 0.4  | 7:25                                                                                | 5:08 | ◐                                                                                   |
| 11   | Thu | 8:01  | 5.9 | 10:51    | 4.3 | 1:58  | 3.2 | 3:30  | 0.0  | 7:25                                                                                | 5:09 | ○                                                                                   |
| 12   | Fri | 8:42  | 6.1 | 11:30    | 4.5 | 2:49  | 3.4 | 4:07  | -0.3 | 7:24                                                                                | 5:10 | ○                                                                                   |
| 13   | Sat | 9:23  | 6.2 |          |     | 3:33  | 3.4 | 4:42  | -0.6 | 7:24                                                                                | 5:11 | ○                                                                                   |
| 14   | Sun | 12:04 | 4.6 | 10:04 AM | 6.3 | 4:13  | 3.4 | 5:17  | -0.8 | 7:24                                                                                | 5:12 | ○                                                                                   |
| 15   | Mon | 12:37 | 4.7 | 10:45 AM | 6.4 | 4:52  | 3.3 | 5:51  | -0.9 | 7:24                                                                                | 5:13 | ○                                                                                   |
| 16   | Tue | 1:09  | 4.8 | 11:25 AM | 6.4 | 5:31  | 3.1 | 6:25  | -1.0 | 7:23                                                                                | 5:14 | ○                                                                                   |
| 17   | Wed | 1:40  | 4.9 | 12:07    | 6.2 | 6:13  | 2.9 | 7:00  | -0.9 | 7:23                                                                                | 5:15 | ○                                                                                   |
| 18   | Thu | 2:12  | 5.0 | 12:51    | 5.9 | 6:59  | 2.7 | 7:36  | -0.6 | 7:23                                                                                | 5:16 | ○                                                                                   |
| 19   | Fri | 2:45  | 5.1 | 1:40     | 5.4 | 7:52  | 2.4 | 8:14  | -0.2 | 7:22                                                                                | 5:18 | ◐                                                                                   |
| 20   | Sat | 3:20  | 5.3 | 2:38     | 4.8 | 8:52  | 2.1 | 8:53  | 0.5  | 7:22                                                                                | 5:19 | ◐                                                                                   |
| 21   | Sun | 3:57  | 5.6 | 3:52     | 4.2 | 10:01 | 1.7 | 9:37  | 1.2  | 7:21                                                                                | 5:20 | ◐                                                                                   |
| 22   | Mon | 4:38  | 5.8 | 5:28     | 3.8 | 11:16 | 1.2 | 10:29 | 2.0  | 7:21                                                                                | 5:21 | ◑                                                                                   |
| 23   | Tue | 5:25  | 6.1 | 7:19     | 3.7 |       |     | 12:31 | 0.6  | 7:20                                                                                | 5:22 | ◑                                                                                   |
| 24   | Wed | 6:17  | 6.3 | 8:53     | 4.0 |       |     | 1:38  | 0.0  | 7:20                                                                                | 5:23 | ◑                                                                                   |
| 25   | Thu | 7:14  | 6.5 | 10:00    | 4.4 | 12:46 | 3.1 | 2:38  | -0.6 | 7:19                                                                                | 5:24 | ◑                                                                                   |
| 26   | Fri | 8:11  | 6.7 | 10:51    | 4.8 | 1:58  | 3.3 | 3:32  | -1.0 | 7:18                                                                                | 5:25 | ◑                                                                                   |
| 27   | Sat | 9:07  | 6.8 | 11:35    | 5.0 | 3:02  | 3.2 | 4:20  | -1.2 | 7:18                                                                                | 5:26 | ◑                                                                                   |
| 28   | Sun | 10:00 | 6.8 |          |     | 3:59  | 3.1 | 5:05  | -1.3 | 7:17                                                                                | 5:27 | ◑                                                                                   |
| 29   | Mon | 12:15 | 5.1 | 10:49 AM | 6.7 | 4:51  | 2.8 | 5:46  | -1.2 | 7:16                                                                                | 5:29 | ●                                                                                   |

| Date |     | High  |     |          |     | Low  |     |      |      |  |      |  |
|------|-----|-------|-----|----------|-----|------|-----|------|------|------------------------------------------------------------------------------------|------|------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM       | ft  | AM   | ft  | PM   | ft   | Rise                                                                               | Set  | Moon                                                                               |
| 30   | Tue | 12:52 | 5.2 | 11:36 AM | 6.4 | 5:40 | 2.6 | 6:24 | -1.0 | 7:15                                                                               | 5:30 | ●                                                                                  |
| 31   | Wed | 1:27  | 5.2 | 12:21    | 6.0 | 6:28 | 2.4 | 7:01 | -0.6 | 7:15                                                                               | 5:31 | ●                                                                                  |