

Alcatraz Island, CA - Dec 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:57	6.1	10:32	4.4	2:30	2.0	3:49	0.1	7:06	4:51	
2	Mon	9:25	6.1	11:25	4.5	3:11	2.5	4:25	-0.2	7:07	4:50	
3	Tue	9:53	6.1			3:50	2.9	4:59	-0.4	7:08	4:50	
4	Wed	12:12	4.6	10:22 AM	6.1	4:28	3.2	5:32	-0.5	7:09	4:50	
5	Thu	12:56	4.6	10:54 AM	6.1	5:06	3.4	6:05	-0.6	7:10	4:50	
6	Fri	1:37	4.6	11:27 AM	6.0	5:43	3.5	6:39	-0.5	7:11	4:50	
7	Sat	2:17	4.6	12:04	5.8	6:22	3.6	7:15	-0.5	7:12	4:50	
8	Sun	2:58	4.5	12:42	5.6	7:04	3.6	7:54	-0.4	7:13	4:50	
9	Mon	3:38	4.5	1:25	5.4	7:53	3.6	8:35	-0.2	7:13	4:50	
10	Tue	4:19	4.6	2:13	5.0	8:54	3.5	9:19	0.0	7:14	4:50	
11	Wed	4:59	4.7	3:11	4.6	10:07	3.2	10:05	0.3	7:15	4:50	
12	Thu	5:37	5.0	4:23	4.2	11:21	2.8	10:54	0.7	7:16	4:51	
13	Fri	6:13	5.3	5:51	3.9			12:27	2.1	7:16	4:51	
14	Sat	6:48	5.6	7:22	3.9			1:22	1.3	7:17	4:51	
15	Sun	7:24	6.1	8:45	4.1	12:37	1.7	2:13	0.4	7:18	4:51	
16	Mon	8:02	6.5	9:57	4.4	1:29	2.2	3:01	-0.4	7:18	4:52	
17	Tue	8:44	6.8	10:59	4.7	2:21	2.6	3:48	-1.1	7:19	4:52	
18	Wed	9:28	7.1	11:55	4.9	3:13	2.9	4:36	-1.6	7:20	4:53	
19	Thu	10:16	7.3			4:06	3.1	5:25	-1.8	7:20	4:53	
20	Fri	12:46	5.0	11:06 AM	7.2	5:00	3.2	6:15	-1.9	7:21	4:53	
21	Sat	1:36	5.1	11:58 AM	7.0	5:55	3.1	7:04	-1.7	7:21	4:54	
22	Sun	2:24	5.1	12:52	6.6	6:55	3.0	7:54	-1.3	7:22	4:54	
23	Mon	3:12	5.1	1:48	6.0	8:01	2.9	8:43	-0.8	7:22	4:55	
24	Tue	4:00	5.2	2:49	5.3	9:14	2.7	9:32	-0.2	7:23	4:56	
25	Wed	4:47	5.3	3:58	4.6	10:33	2.4	10:23	0.5	7:23	4:56	
26	Thu	5:33	5.5	5:22	4.0	11:51	1.9	11:15	1.2	7:23	4:57	
27	Fri	6:16	5.7	6:57	3.8			1:01	1.4	7:24	4:57	
28	Sat	6:57	5.8	8:28	3.8	12:09	1.9	2:00	0.8	7:24	4:58	
29	Sun	7:35	5.9	9:42	4.1	1:04	2.4	2:49	0.3	7:24	4:59	
30	Mon	8:12	6.0	10:39	4.4	1:58	2.9	3:31	0.0	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	8:48	6.1	11:25	4.5	2:48	3.2	4:09	-0.3	7:25	5:00	