

Alcatraz Island, CA - Jan 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:22	6.2			3:31	3.4	4:43	-0.5	7:25	5:01	
2	Thu	12:05	4.6	10:00 AM	6.2	4:13	3.4	5:16	-0.6	7:25	5:02	
3	Fri	12:40	4.7	10:37 AM	6.2	4:51	3.4	5:49	-0.6	7:25	5:03	
4	Sat	1:12	4.7	11:14 AM	6.1	5:28	3.3	6:21	-0.7	7:25	5:04	
5	Sun	1:42	4.7	11:51 AM	6.0	6:05	3.2	6:52	-0.6	7:25	5:04	
6	Mon	2:12	4.7	12:28	5.8	6:44	3.1	7:24	-0.5	7:25	5:05	
7	Tue	2:43	4.8	1:08	5.4	7:28	3.0	7:57	-0.2	7:25	5:06	
8	Wed	3:14	4.9	1:54	5.0	8:19	2.8	8:32	0.2	7:25	5:07	
9	Thu	3:46	5.1	2:49	4.5	9:19	2.5	9:10	0.7	7:25	5:08	
10	Fri	4:21	5.3	4:02	4.0	10:27	2.0	9:53	1.4	7:25	5:09	
11	Sat	4:59	5.6	5:42	3.6	11:39	1.4	10:43	2.1	7:25	5:10	
12	Sun	5:42	5.9	7:33	3.7			12:47	0.7	7:24	5:11	
13	Mon	6:30	6.2	9:04	4.0			1:49	0.0	7:24	5:12	
14	Tue	7:23	6.5	10:10	4.4	12:54	3.1	2:45	-0.7	7:24	5:13	
15	Wed	8:18	6.8	11:01	4.7	2:02	3.3	3:38	-1.2	7:23	5:14	
16	Thu	9:14	7.1	11:46	4.9	3:04	3.3	4:27	-1.6	7:23	5:15	
17	Fri	10:08	7.1			4:02	3.1	5:15	-1.7	7:23	5:16	
18	Sat	12:28	5.1	11:01 AM	7.1	4:57	2.8	6:00	-1.6	7:22	5:17	
19	Sun	1:08	5.2	11:53 AM	6.8	5:52	2.6	6:44	-1.4	7:22	5:18	
20	Mon	1:47	5.4	12:45	6.3	6:48	2.3	7:25	-0.9	7:21	5:19	
21	Tue	2:25	5.5	1:37	5.7	7:45	2.1	8:05	-0.3	7:21	5:21	
22	Wed	3:03	5.6	2:34	4.9	8:47	1.9	8:45	0.4	7:20	5:22	
23	Thu	3:41	5.6	3:40	4.2	9:53	1.7	9:27	1.2	7:20	5:23	
24	Fri	4:21	5.7	5:05	3.7	11:04	1.4	10:15	2.0	7:19	5:24	
25	Sat	5:03	5.7	6:53	3.6			12:16	1.1	7:18	5:25	
26	Sun	5:48	5.7	8:35	3.8			1:21	0.7	7:18	5:26	
27	Mon	6:37	5.7	9:42	4.2	12:24	3.2	2:17	0.4	7:17	5:27	
28	Tue	7:28	5.7	10:30	4.4	1:34	3.4	3:05	0.1	7:16	5:28	
29	Wed	8:17	5.8	11:07	4.6	2:32	3.4	3:47	-0.1	7:16	5:29	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Thu	9:02	5.9	11:38	4.6	3:20	3.3	4:23	-0.3	7:15	5:30	
31	Fri	9:44	6.0			4:01	3.2	4:56	-0.5	7:14	5:32	