

Alcatraz Island, CA - Dec 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:51	4.7	4:11	4.2	11:28	3.0	11:00	0.8	7:06	4:51	
2	Tue	6:25	4.9	5:30	3.9			12:32	2.5	7:07	4:50	
3	Wed	6:57	5.2	6:54	3.8			1:24	1.9	7:08	4:50	
4	Thu	7:28	5.5	8:13	3.9	12:35	1.5	2:08	1.2	7:09	4:50	
5	Fri	7:59	5.9	9:23	4.1	1:20	1.9	2:49	0.4	7:10	4:50	
6	Sat	8:32	6.2	10:25	4.4	2:05	2.4	3:29	-0.3	7:11	4:50	
7	Sun	9:08	6.6	11:21	4.6	2:50	2.7	4:10	-0.9	7:12	4:50	
8	Mon	9:48	6.8			3:36	3.0	4:54	-1.3	7:12	4:50	
9	Tue	12:14	4.8	10:31 AM	7.0	4:23	3.2	5:40	-1.6	7:13	4:50	
10	Wed	1:04	4.9	11:19 AM	7.0	5:12	3.3	6:28	-1.7	7:14	4:50	
11	Thu	1:54	4.9	12:10	6.8	6:05	3.3	7:17	-1.6	7:15	4:50	
12	Fri	2:43	4.9	1:04	6.5	7:05	3.2	8:08	-1.3	7:16	4:51	
13	Sat	3:33	5.0	2:03	6.0	8:14	3.0	9:00	-0.8	7:16	4:51	
14	Sun	4:22	5.2	3:09	5.3	9:33	2.8	9:53	-0.2	7:17	4:51	
15	Mon	5:10	5.4	4:26	4.6	10:58	2.3	10:47	0.4	7:18	4:51	
16	Tue	5:56	5.7	5:55	4.1			12:17	1.7	7:18	4:52	
17	Wed	6:41	5.9	7:28	4.0			1:25	1.0	7:19	4:52	
18	Thu	7:23	6.2	8:52	4.1	12:37	1.7	2:22	0.4	7:20	4:52	
19	Fri	8:03	6.3	10:02	4.3	1:31	2.3	3:11	-0.2	7:20	4:53	
20	Sat	8:41	6.4	10:59	4.6	2:24	2.8	3:54	-0.5	7:21	4:53	
21	Sun	9:18	6.4	11:49	4.7	3:14	3.1	4:33	-0.7	7:21	4:54	
22	Mon	9:55	6.3			4:01	3.3	5:10	-0.8	7:22	4:54	
23	Tue	12:32	4.8	10:32 AM	6.2	4:45	3.4	5:45	-0.8	7:22	4:55	
24	Wed	1:12	4.8	11:08 AM	6.1	5:26	3.4	6:19	-0.7	7:23	4:55	
25	Thu	1:48	4.8	11:45 AM	6.0	6:06	3.4	6:54	-0.6	7:23	4:56	
26	Fri	2:22	4.7	12:22	5.8	6:46	3.3	7:27	-0.5	7:23	4:57	
27	Sat	2:55	4.7	1:01	5.4	7:30	3.2	8:01	-0.2	7:24	4:57	
28	Sun	3:27	4.7	1:42	5.1	8:19	3.1	8:36	0.1	7:24	4:58	
29	Mon	3:59	4.8	2:30	4.6	9:17	2.9	9:12	0.5	7:24	4:59	
30	Tue	4:32	5.0	3:29	4.1	10:24	2.6	9:51	1.0	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	5:07	5.2	4:52	3.6	11:32	2.2	10:30	1.7	7:25	5:00	