

Alcatraz Island, CA - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:38	5.5	6:36	3.5			12:33	1.5	7:25	5:01	
2	Fri	6:18	5.8	8:17	3.7			1:29	0.8	7:25	5:02	
3	Sat	7:01	6.1	9:34	4.0	12:22	2.8	2:20	0.1	7:25	5:03	
4	Sun	7:48	6.4	10:31	4.4	1:25	3.1	3:08	-0.6	7:25	5:03	
5	Mon	8:38	6.7	11:19	4.7	2:24	3.3	3:55	-1.1	7:25	5:04	
6	Tue	9:29	7.0			3:20	3.3	4:42	-1.6	7:25	5:05	
7	Wed	12:03	4.9	10:21 AM	7.1	4:14	3.2	5:28	-1.8	7:25	5:06	
8	Thu	12:44	5.0	11:13 AM	7.1	5:07	3.0	6:14	-1.8	7:25	5:07	
9	Fri	1:25	5.2	12:06	6.9	6:03	2.7	6:58	-1.5	7:25	5:08	
10	Sat	2:05	5.3	1:00	6.4	7:01	2.4	7:42	-1.1	7:25	5:09	
11	Sun	2:45	5.5	1:57	5.7	8:04	2.1	8:26	-0.4	7:25	5:10	
12	Mon	3:26	5.7	3:01	5.0	9:13	1.8	9:10	0.3	7:24	5:11	
13	Tue	4:09	5.9	4:17	4.2	10:28	1.5	9:58	1.2	7:24	5:12	
14	Wed	4:54	6.0	5:51	3.8	11:44	1.1	10:52	2.0	7:24	5:13	
15	Thu	5:42	6.1	7:36	3.8			12:56	0.6	7:24	5:14	
16	Fri	6:31	6.1	9:03	4.1			1:59	0.2	7:23	5:15	
17	Sat	7:22	6.1	10:06	4.4	1:05	3.1	2:53	-0.1	7:23	5:16	
18	Sun	8:11	6.1	10:54	4.6	2:09	3.3	3:39	-0.3	7:22	5:17	
19	Mon	8:57	6.1	11:34	4.8	3:05	3.3	4:19	-0.5	7:22	5:18	
20	Tue	9:40	6.1			3:53	3.3	4:55	-0.5	7:21	5:19	
21	Wed	12:09	4.8	10:19 AM	6.1	4:34	3.1	5:27	-0.5	7:21	5:20	
22	Thu	12:39	4.8	10:57 AM	6.0	5:12	3.0	5:57	-0.5	7:20	5:21	
23	Fri	1:06	4.8	11:33 AM	5.9	5:48	2.8	6:26	-0.4	7:20	5:22	
24	Sat	1:31	4.8	12:09	5.6	6:24	2.7	6:53	-0.2	7:19	5:24	
25	Sun	1:56	4.9	12:46	5.3	7:02	2.5	7:20	0.1	7:19	5:25	
26	Mon	2:21	5.0	1:26	4.9	7:44	2.3	7:48	0.5	7:18	5:26	
27	Tue	2:47	5.2	2:12	4.4	8:31	2.1	8:18	1.0	7:17	5:27	
28	Wed	3:16	5.3	3:11	3.9	9:26	1.8	8:51	1.6	7:16	5:28	
29	Thu	3:50	5.5	4:35	3.5	10:30	1.5	9:30	2.3	7:16	5:29	
30	Fri	4:31	5.6	6:32	3.4	11:40	1.0	10:25	2.9	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	5:20	5.8	8:24	3.7			12:50	0.5	7:14	5:31	