

Alcatraz Island, CA - Dec 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:16	4.7	12:21	6.4	6:19	3.4	7:30	-1.1	7:06	4:51	
2	Wed	3:04	4.7	1:11	6.1	7:15	3.4	8:19	-1.0	7:07	4:50	
3	Thu	3:53	4.8	2:08	5.7	8:22	3.3	9:11	-0.6	7:08	4:50	
4	Fri	4:41	4.9	3:16	5.2	9:42	3.0	10:04	-0.2	7:09	4:50	
5	Sat	5:27	5.2	4:35	4.6	11:08	2.5	10:59	0.4	7:10	4:50	
6	Sun	6:11	5.6	6:05	4.2			12:25	1.8	7:10	4:50	
7	Mon	6:54	5.9	7:35	4.1			1:30	0.9	7:11	4:50	
8	Tue	7:34	6.3	8:57	4.2	12:49	1.5	2:26	0.2	7:12	4:50	
9	Wed	8:15	6.6	10:06	4.5	1:42	2.1	3:16	-0.5	7:13	4:50	
10	Thu	8:55	6.8	11:06	4.7	2:35	2.5	4:01	-0.9	7:14	4:50	
11	Fri	9:36	6.8	11:59	4.9	3:25	2.9	4:45	-1.2	7:15	4:50	
12	Sat	10:17	6.7			4:15	3.1	5:27	-1.2	7:15	4:51	
13	Sun	12:48	5.0	10:58 AM	6.6	5:04	3.3	6:08	-1.1	7:16	4:51	
14	Mon	1:33	4.9	11:39 AM	6.3	5:52	3.3	6:48	-1.0	7:17	4:51	
15	Tue	2:16	4.9	12:20	6.0	6:40	3.3	7:28	-0.7	7:17	4:51	
16	Wed	2:58	4.8	1:02	5.6	7:30	3.3	8:07	-0.4	7:18	4:52	
17	Thu	3:37	4.8	1:46	5.2	8:26	3.2	8:46	0.0	7:19	4:52	
18	Fri	4:15	4.8	2:34	4.7	9:28	3.0	9:26	0.4	7:19	4:52	
19	Sat	4:52	4.9	3:33	4.2	10:38	2.8	10:08	0.9	7:20	4:53	
20	Sun	5:27	5.0	4:48	3.7	11:47	2.4	10:52	1.5	7:21	4:53	
21	Mon	6:01	5.2	6:21	3.5			12:49	1.8	7:21	4:54	
22	Tue	6:36	5.5	7:57	3.5			1:40	1.2	7:22	4:54	
23	Wed	7:12	5.7	9:16	3.8	12:32	2.5	2:25	0.7	7:22	4:55	
24	Thu	7:49	6.0	10:16	4.1	1:24	2.9	3:06	0.1	7:22	4:55	
25	Fri	8:29	6.2	11:05	4.4	2:14	3.2	3:45	-0.4	7:23	4:56	
26	Sat	9:10	6.5	11:49	4.6	3:02	3.3	4:25	-0.8	7:23	4:56	
27	Sun	9:54	6.6			3:49	3.4	5:06	-1.2	7:24	4:57	
28	Mon	12:30	4.7	10:39 AM	6.8	4:35	3.3	5:47	-1.4	7:24	4:58	
29	Tue	1:10	4.8	11:26 AM	6.7	5:23	3.2	6:30	-1.5	7:24	4:58	
30	Wed	1:49	4.9	12:15	6.6	6:14	3.0	7:13	-1.3	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	2:29	5.1	1:08	6.2	7:11	2.8	7:54	-1.0	7:25	5:00	