

Alcatraz Island, CA - Jan 1971

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:04	5.3	2:05	5.6	8:14	2.4	8:37	-0.4	7:25	5:01	
2	Sat	3:45	5.5	3:10	4.9	9:25	2.1	9:23	0.3	7:25	5:01	
3	Sun	4:28	5.8	4:31	4.2	10:43	1.6	10:13	1.1	7:25	5:02	
4	Mon	5:13	6.0	6:07	3.8			12:00	1.0	7:25	5:03	
5	Tue	6:02	6.3	7:48	3.9			1:11	0.4	7:25	5:04	
6	Wed	6:52	6.4	9:12	4.2	12:12	2.5	2:12	-0.1	7:25	5:05	
7	Thu	7:43	6.5	10:16	4.5	1:19	2.9	3:06	-0.5	7:25	5:06	
8	Fri	8:33	6.6	11:06	4.8	2:23	3.1	3:53	-0.8	7:25	5:07	
9	Sat	9:20	6.5	11:50	4.9	3:20	3.2	4:36	-0.9	7:25	5:08	
10	Sun	10:05	6.5			4:11	3.2	5:15	-0.9	7:25	5:09	
11	Mon	12:29	5.0	10:48 AM	6.3	4:58	3.1	5:51	-0.8	7:25	5:10	
12	Tue	1:05	5.0	11:28 AM	6.1	5:41	2.9	6:25	-0.7	7:24	5:11	
13	Wed	1:37	4.9	12:06	5.8	6:23	2.8	6:57	-0.4	7:24	5:12	
14	Thu	2:07	4.9	12:45	5.5	7:05	2.7	7:28	-0.1	7:24	5:13	
15	Fri	2:35	5.0	1:25	5.0	7:50	2.5	7:58	0.3	7:24	5:14	
16	Sat	3:02	5.0	2:09	4.5	8:40	2.4	8:28	0.8	7:23	5:15	
17	Sun	3:31	5.1	3:02	4.0	9:36	2.2	9:00	1.4	7:23	5:16	
18	Mon	4:03	5.3	4:15	3.6	10:40	1.9	9:37	2.0	7:22	5:17	
19	Tue	4:40	5.4	5:58	3.3	11:47	1.5	10:23	2.6	7:22	5:18	
20	Wed	5:23	5.5	7:57	3.5			12:51	1.1	7:22	5:19	
21	Thu	6:12	5.7	9:19	3.8			1:47	0.5	7:21	5:20	
22	Fri	7:05	5.9	10:09	4.2	12:43	3.4	2:37	0.0	7:21	5:21	
23	Sat	7:58	6.2	10:48	4.4	1:50	3.4	3:22	-0.5	7:20	5:22	
24	Sun	8:50	6.5	11:23	4.7	2:46	3.4	4:05	-1.0	7:19	5:23	
25	Mon	9:41	6.7	11:57	4.9	3:37	3.1	4:46	-1.3	7:19	5:24	
26	Tue	10:31	6.8			4:25	2.8	5:27	-1.4	7:18	5:25	
27	Wed	12:31	5.1	11:21 AM	6.8	5:15	2.4	6:07	-1.3	7:17	5:27	
28	Thu	1:05	5.3	12:12	6.5	6:06	2.0	6:46	-1.0	7:17	5:28	
29	Fri	1:40	5.6	1:06	6.0	7:01	1.7	7:25	-0.5	7:16	5:29	
30	Sat	2:16	5.8	2:04	5.3	7:59	1.3	8:06	0.3	7:15	5:30	
31	Sun	2:55	6.0	3:11	4.6	9:04	1.0	8:49	1.1	7:14	5:31	