

Alcatraz Island, CA - Jan 1972

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:42	5.1	11:11 AM	6.7	5:13	2.9	6:11	-1.3	7:25	5:00	☉
2	Sun	1:23	5.2	11:57 AM	6.4	6:05	2.8	6:51	-1.0	7:25	5:01	☉
3	Mon	2:03	5.2	12:42	5.9	6:57	2.7	7:29	-0.6	7:25	5:02	☉
4	Tue	2:40	5.2	1:28	5.4	7:50	2.6	8:07	-0.1	7:25	5:03	☉
5	Wed	3:16	5.2	2:17	4.8	8:47	2.4	8:44	0.5	7:25	5:04	☉
6	Thu	3:52	5.3	3:13	4.2	9:50	2.2	9:22	1.1	7:25	5:05	☉
7	Fri	4:28	5.3	4:25	3.7	10:58	2.0	10:04	1.7	7:25	5:06	☉
8	Sat	5:06	5.4	6:01	3.4			12:05	1.6	7:25	5:06	☉
9	Sun	5:46	5.5	7:51	3.5			1:07	1.2	7:25	5:07	☉
10	Mon	6:30	5.6	9:13	3.8			2:00	0.7	7:25	5:08	☉
11	Tue	7:16	5.8	10:07	4.1	1:00	3.2	2:46	0.3	7:25	5:09	☉
12	Wed	8:01	6.0	10:48	4.3	1:59	3.3	3:27	-0.1	7:24	5:10	☉
13	Thu	8:46	6.2	11:23	4.5	2:49	3.3	4:04	-0.4	7:24	5:11	☉
14	Fri	9:30	6.3	11:55	4.7	3:33	3.3	4:40	-0.7	7:24	5:12	☉
15	Sat	10:12	6.4			4:14	3.1	5:15	-0.9	7:24	5:13	☉
16	Sun	12:26	4.8	10:55 AM	6.5	4:55	2.9	5:50	-1.1	7:23	5:14	☉
17	Mon	12:57	4.9	11:38 AM	6.4	5:37	2.7	6:25	-1.0	7:23	5:15	☉
18	Tue	1:29	5.1	12:23	6.1	6:23	2.4	7:00	-0.8	7:23	5:16	☉
19	Wed	2:01	5.3	1:12	5.7	7:14	2.1	7:37	-0.3	7:22	5:18	☉
20	Thu	2:36	5.5	2:08	5.1	8:10	1.8	8:16	0.3	7:22	5:19	☉
21	Fri	3:12	5.8	3:15	4.5	9:14	1.5	8:59	1.0	7:21	5:20	☉
22	Sat	3:54	6.0	4:39	3.9	10:26	1.1	9:48	1.8	7:21	5:21	☉
23	Sun	4:41	6.1	6:23	3.7	11:43	0.7	10:48	2.5	7:20	5:22	☉
24	Mon	5:35	6.3	8:05	3.9			12:58	0.2	7:19	5:23	☉
25	Tue	6:35	6.4	9:20	4.3	12:03	3.0	2:04	-0.3	7:19	5:24	☉
26	Wed	7:36	6.5	10:14	4.6	1:20	3.1	3:00	-0.7	7:18	5:25	☉
27	Thu	8:34	6.6	10:59	4.9	2:29	3.1	3:50	-0.9	7:18	5:26	☉
28	Fri	9:28	6.6	11:39	5.1	3:27	2.9	4:34	-1.0	7:17	5:27	☉
29	Sat	10:17	6.5			4:19	2.7	5:13	-1.0	7:16	5:29	☉
30	Sun	12:15	5.2	11:03 AM	6.3	5:07	2.4	5:50	-0.8	7:15	5:30	☉

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	12:49	5.2	11:47 AM	6.0	5:52	2.2	6:23	-0.5	7:14	5:31	