

Alcatraz Island, CA - Dec 1972

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:19	5.9	9:55	4.2	1:49	2.1	3:13	0.3	7:06	4:51	
2	Sat	8:51	6.0	10:49	4.4	2:34	2.5	3:51	-0.1	7:07	4:50	
3	Sun	9:22	6.1	11:35	4.5	3:16	2.8	4:27	-0.3	7:08	4:50	
4	Mon	9:54	6.1			3:56	3.1	5:00	-0.5	7:09	4:50	
5	Tue	12:17	4.6	10:27 AM	6.1	4:34	3.2	5:33	-0.6	7:10	4:50	
6	Wed	12:56	4.6	11:01 AM	6.0	5:11	3.3	6:06	-0.6	7:11	4:50	
7	Thu	1:32	4.6	11:36 AM	6.0	5:47	3.3	6:40	-0.6	7:12	4:50	
8	Fri	2:08	4.6	12:14	5.8	6:26	3.3	7:15	-0.5	7:13	4:50	
9	Sat	2:44	4.6	12:53	5.6	7:09	3.3	7:52	-0.4	7:13	4:50	
10	Sun	3:21	4.7	1:37	5.2	8:00	3.2	8:32	-0.2	7:14	4:50	
11	Mon	3:59	4.8	2:28	4.8	9:01	3.1	9:14	0.1	7:15	4:50	
12	Tue	4:37	5.0	3:32	4.4	10:12	2.7	10:00	0.6	7:16	4:51	
13	Wed	5:16	5.3	4:53	4.0	11:26	2.2	10:51	1.1	7:16	4:51	
14	Thu	5:56	5.6	6:28	3.8			12:32	1.5	7:17	4:51	
15	Fri	6:37	6.0	8:00	3.9			1:31	0.7	7:18	4:51	
16	Sat	7:20	6.4	9:17	4.2	12:43	2.2	2:24	-0.2	7:18	4:52	
17	Sun	8:06	6.8	10:22	4.5	1:40	2.6	3:14	-0.8	7:19	4:52	
18	Mon	8:54	7.1	11:17	4.8	2:37	2.8	4:03	-1.4	7:20	4:53	
19	Tue	9:44	7.2			3:32	2.9	4:52	-1.7	7:20	4:53	
20	Wed	12:08	5.0	10:34 AM	7.2	4:27	2.9	5:40	-1.8	7:21	4:53	
21	Thu	12:55	5.1	11:26 AM	7.1	5:22	2.9	6:27	-1.7	7:21	4:54	
22	Fri	1:41	5.2	12:18	6.7	6:19	2.8	7:13	-1.4	7:22	4:54	
23	Sat	2:26	5.3	1:10	6.2	7:19	2.6	7:59	-0.9	7:22	4:55	
24	Sun	3:11	5.3	2:05	5.5	8:23	2.5	8:44	-0.3	7:23	4:56	
25	Mon	3:55	5.4	3:06	4.8	9:34	2.3	9:30	0.4	7:23	4:56	
26	Tue	4:39	5.5	4:18	4.2	10:48	2.0	10:18	1.1	7:23	4:57	
27	Wed	5:23	5.6	5:47	3.7			12:01	1.6	7:24	4:57	
28	Thu	6:06	5.7	7:27	3.6			1:07	1.1	7:24	4:58	
29	Fri	6:49	5.8	8:54	3.9	12:09	2.4	2:03	0.7	7:24	4:59	
30	Sat	7:30	5.9	9:58	4.1	1:09	2.8	2:50	0.3	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	8:11	5.9	10:42	4.4	2:05	3.1	3:32	-0.1	7:25	5:00	