

Alcatraz Island, CA - Jan 1973

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:52	6.1	11:22	4.5	2:54	3.2	4:08	-0.3	7:25	5:01	
2	Tue	9:31	6.1	11:57	4.6	3:38	3.2	4:42	-0.4	7:25	5:02	
3	Wed	10:09	6.2			4:17	3.2	5:15	-0.6	7:25	5:03	
4	Thu	12:28	4.7	10:46 AM	6.2	4:54	3.1	5:46	-0.6	7:25	5:04	
5	Fri	12:58	4.7	11:24 AM	6.1	5:31	3.0	6:17	-0.7	7:25	5:04	
6	Sat	1:27	4.8	12:02	5.9	6:09	2.9	6:48	-0.6	7:25	5:05	
7	Sun	1:57	4.9	12:41	5.6	6:50	2.7	7:20	-0.4	7:25	5:06	
8	Mon	2:28	5.1	1:25	5.2	7:37	2.5	7:55	0.0	7:25	5:07	
9	Tue	3:00	5.3	2:16	4.8	8:30	2.3	8:32	0.5	7:25	5:08	
10	Wed	3:35	5.5	3:20	4.2	9:33	1.9	9:14	1.1	7:25	5:09	
11	Thu	4:15	5.7	4:46	3.8	10:43	1.5	10:03	1.8	7:25	5:10	
12	Fri	5:00	5.9	6:30	3.7	11:57	1.0	11:03	2.4	7:24	5:11	
13	Sat	5:51	6.2	8:09	3.9			1:06	0.3	7:24	5:12	
14	Sun	6:47	6.5	9:22	4.2	12:13	2.8	2:08	-0.3	7:24	5:13	
15	Mon	7:45	6.7	10:18	4.6	1:24	3.0	3:03	-0.8	7:23	5:14	
16	Tue	8:42	6.9	11:05	4.9	2:30	3.0	3:53	-1.2	7:23	5:15	
17	Wed	9:37	7.0	11:48	5.1	3:30	2.8	4:40	-1.4	7:23	5:16	
18	Thu	10:30	7.0			4:25	2.6	5:25	-1.4	7:22	5:17	
19	Fri	12:28	5.3	11:21 AM	6.8	5:19	2.3	6:06	-1.2	7:22	5:18	
20	Sat	1:07	5.5	12:11	6.4	6:12	2.1	6:46	-0.9	7:21	5:19	
21	Sun	1:44	5.6	1:01	5.8	7:05	1.9	7:25	-0.3	7:21	5:21	
22	Mon	2:21	5.6	1:52	5.2	8:00	1.7	8:03	0.3	7:20	5:22	
23	Tue	2:58	5.7	2:48	4.6	8:58	1.6	8:43	1.0	7:20	5:23	
24	Wed	3:36	5.7	3:56	4.0	10:01	1.5	9:25	1.7	7:19	5:24	
25	Thu	4:16	5.6	5:24	3.6	11:10	1.3	10:15	2.4	7:18	5:25	
26	Fri	5:00	5.6	7:13	3.6			12:19	1.1	7:18	5:26	
27	Sat	5:50	5.6	8:44	3.8			1:23	0.8	7:17	5:27	
28	Sun	6:44	5.6	9:41	4.1	12:36	3.2	2:17	0.4	7:16	5:28	
29	Mon	7:36	5.7	10:22	4.3	1:42	3.3	3:03	0.2	7:15	5:29	
30	Tue	8:25	5.8	10:55	4.5	2:36	3.2	3:43	-0.1	7:15	5:30	
31	Wed	9:10	6.0	11:24	4.6	3:21	3.1	4:18	-0.3	7:14	5:32	