

Alcatraz Island, CA - Dec 1973

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:43	4.7	3:15	4.4	10:11	3.0	9:58	0.6	7:06	4:51	
2	Sun	5:22	4.9	4:25	4.0	11:23	2.7	10:47	1.0	7:07	4:50	
3	Mon	6:00	5.1	5:49	3.8			12:27	2.1	7:08	4:50	
4	Tue	6:37	5.5	7:16	3.8			1:20	1.5	7:09	4:50	
5	Wed	7:15	5.8	8:34	4.0	12:30	1.8	2:06	0.7	7:10	4:50	
6	Thu	7:53	6.2	9:40	4.3	1:22	2.2	2:50	0.0	7:11	4:50	
7	Fri	8:33	6.5	10:38	4.6	2:12	2.5	3:34	-0.7	7:12	4:50	
8	Sat	9:16	6.8	11:31	4.8	3:02	2.7	4:19	-1.2	7:12	4:50	
9	Sun	10:02	7.0			3:52	2.8	5:05	-1.5	7:13	4:50	
10	Mon	12:21	4.9	10:50 AM	7.1	4:42	2.9	5:52	-1.7	7:14	4:50	
11	Tue	1:09	5.1	11:41 AM	7.0	5:36	2.9	6:40	-1.6	7:15	4:50	
12	Wed	1:56	5.2	12:34	6.7	6:33	2.8	7:28	-1.4	7:16	4:51	
13	Thu	2:44	5.2	1:30	6.2	7:35	2.6	8:17	-0.9	7:16	4:51	
14	Fri	3:32	5.4	2:30	5.6	8:45	2.5	9:07	-0.4	7:17	4:51	
15	Sat	4:20	5.5	3:39	4.9	10:03	2.2	9:59	0.3	7:18	4:51	
16	Sun	5:09	5.7	5:01	4.3	11:23	1.7	10:54	1.0	7:18	4:52	
17	Mon	5:57	5.9	6:33	3.9			12:36	1.2	7:19	4:52	
18	Tue	6:44	6.1	8:04	4.0			1:40	0.6	7:20	4:52	
19	Wed	7:29	6.2	9:19	4.2	12:52	2.2	2:34	0.2	7:20	4:53	
20	Thu	8:11	6.3	10:19	4.4	1:49	2.6	3:20	-0.2	7:21	4:53	
21	Fri	8:51	6.3	11:09	4.6	2:42	2.9	4:01	-0.4	7:21	4:54	
22	Sat	9:30	6.3	11:52	4.7	3:30	3.1	4:38	-0.6	7:22	4:54	
23	Sun	10:06	6.2			4:14	3.2	5:13	-0.6	7:22	4:55	
24	Mon	12:30	4.8	10:43 AM	6.1	4:54	3.2	5:46	-0.6	7:23	4:55	
25	Tue	1:04	4.8	11:18 AM	6.0	5:32	3.1	6:18	-0.6	7:23	4:56	
26	Wed	1:35	4.8	11:54 AM	5.8	6:10	3.1	6:49	-0.5	7:23	4:57	
27	Thu	2:05	4.8	12:31	5.6	6:49	3.0	7:21	-0.3	7:24	4:57	
28	Fri	2:35	4.8	1:10	5.3	7:32	2.9	7:53	-0.1	7:24	4:58	
29	Sat	3:06	4.9	1:52	4.8	8:21	2.8	8:27	0.3	7:24	4:59	
30	Sun	3:39	5.1	2:44	4.4	9:17	2.6	9:04	0.8	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	4:14	5.3	3:50	3.9	10:22	2.2	9:47	1.4	7:25	5:00	