

Alcatraz Island, CA - Jan 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:53	5.4	5:22	3.6	11:32	1.8	10:38	1.9	7:25	5:01	
2	Wed	5:36	5.7	7:03	3.6			12:37	1.2	7:25	5:02	
3	Thu	6:24	6.0	8:30	3.9			1:35	0.5	7:25	5:03	
4	Fri	7:14	6.3	9:37	4.2	12:43	2.7	2:28	-0.2	7:25	5:03	
5	Sat	8:06	6.7	10:30	4.6	1:46	2.9	3:17	-0.8	7:25	5:04	
6	Sun	9:58	6.9			3:45	2.9	5:05	-1.3	8:25	6:05	
7	Mon	12:17	4.9	10:51 AM	7.1	4:41	2.8	5:51	-1.6	8:25	6:06	
8	Tue	1:00	5.1	11:43 AM	7.1	5:35	2.6	6:36	-1.6	8:25	6:07	
9	Wed	1:42	5.3	12:35	7.0	6:30	2.3	7:21	-1.5	8:25	6:08	
10	Thu	2:24	5.5	1:28	6.6	7:26	2.1	8:05	-1.1	8:25	6:09	
11	Fri	3:05	5.7	2:23	6.0	8:25	1.9	8:48	-0.6	8:25	6:10	
12	Sat	3:47	5.8	3:21	5.3	9:27	1.7	9:33	0.1	8:24	6:11	
13	Sun	4:31	5.9	4:27	4.6	10:35	1.5	10:19	0.9	8:24	6:12	
14	Mon	5:17	6.0	5:47	4.0	11:49	1.2	11:12	1.6	8:24	6:13	
15	Tue	6:05	6.0	7:23	3.8			1:02	1.0	8:23	6:14	
16	Wed	6:57	6.0	8:59	3.9	12:13	2.3	2:11	0.6	8:23	6:15	
17	Thu	7:49	6.0	10:13	4.2	1:22	2.7	3:10	0.3	8:23	6:16	
18	Fri	8:40	6.0	11:07	4.4	2:30	3.0	4:00	0.0	8:22	6:17	
19	Sat	9:28	6.0	11:50	4.6	3:28	3.0	4:42	-0.2	8:22	6:18	
20	Sun	10:11	6.1			4:18	3.0	5:19	-0.3	8:21	6:19	
21	Mon	12:26	4.7	10:52 AM	6.1	5:01	2.9	5:52	-0.4	8:21	6:20	
22	Tue	12:58	4.8	11:30 AM	6.0	5:39	2.8	6:23	-0.4	8:20	6:21	
23	Wed	1:25	4.8	12:06	5.9	6:15	2.7	6:52	-0.3	8:20	6:22	
24	Thu	1:51	4.9	12:43	5.7	6:50	2.5	7:20	-0.2	8:19	6:24	
25	Fri	2:16	5.0	1:20	5.5	7:26	2.3	7:48	0.0	8:19	6:25	
26	Sat	2:43	5.1	1:58	5.2	8:05	2.2	8:17	0.3	8:18	6:26	
27	Sun	3:10	5.3	2:41	4.8	8:47	2.0	8:48	0.7	8:17	6:27	
28	Mon	3:41	5.4	3:33	4.3	9:36	1.8	9:23	1.2	8:16	6:28	
29	Tue	4:15	5.5	4:39	3.9	10:34	1.5	10:03	1.8	8:16	6:29	
30	Wed	4:56	5.7	6:10	3.6	11:41	1.2	10:53	2.3	8:15	6:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	5:44	5.8	7:56	3.6			12:54	0.8	8:14	6:31	