

Alcatraz Island, CA - Dec 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:27	4.9	11:57 AM	6.6	5:54	2.9	6:52	-1.2	7:06	4:51	
2	Mon	2:14	5.0	12:46	6.3	6:46	2.9	7:39	-1.1	7:07	4:50	
3	Tue	3:02	5.0	1:40	5.9	7:46	2.8	8:28	-0.8	7:08	4:50	
4	Wed	3:50	5.2	2:41	5.4	8:57	2.7	9:20	-0.3	7:09	4:50	
5	Thu	4:40	5.4	3:53	4.8	10:17	2.3	10:15	0.3	7:10	4:50	
6	Fri	5:29	5.6	5:17	4.4	11:37	1.8	11:13	0.9	7:10	4:50	
7	Sat	6:17	5.9	6:47	4.1			12:49	1.1	7:11	4:50	
8	Sun	7:04	6.2	8:12	4.2	12:12	1.4	1:51	0.5	7:12	4:50	
9	Mon	7:49	6.4	9:25	4.4	1:11	1.9	2:44	-0.1	7:13	4:50	
10	Tue	8:33	6.6	10:26	4.6	2:06	2.3	3:32	-0.6	7:14	4:50	
11	Wed	9:15	6.6	11:18	4.8	2:59	2.6	4:15	-0.8	7:15	4:50	
12	Thu	9:56	6.6			3:48	2.8	4:56	-0.9	7:15	4:51	
13	Fri	12:06	4.9	10:36 AM	6.5	4:35	2.9	5:35	-0.9	7:16	4:51	
14	Sat	12:49	5.0	11:15 AM	6.3	5:21	3.0	6:12	-0.9	7:17	4:51	
15	Sun	1:30	4.9	11:53 AM	6.0	6:05	3.0	6:48	-0.7	7:17	4:51	
16	Mon	2:07	4.9	12:32	5.7	6:50	3.0	7:24	-0.4	7:18	4:52	
17	Tue	2:44	4.9	1:12	5.4	7:37	3.0	8:00	-0.1	7:19	4:52	
18	Wed	3:19	4.9	1:55	4.9	8:30	2.9	8:37	0.3	7:19	4:52	
19	Thu	3:54	4.9	2:44	4.5	9:30	2.8	9:16	0.7	7:20	4:53	
20	Fri	4:30	5.0	3:45	4.0	10:38	2.5	9:59	1.2	7:21	4:53	
21	Sat	5:09	5.2	5:04	3.6	11:46	2.1	10:46	1.7	7:21	4:54	
22	Sun	5:48	5.4	6:38	3.5			12:47	1.6	7:22	4:54	
23	Mon	6:29	5.6	8:06	3.6			1:39	1.1	7:22	4:55	
24	Tue	7:11	5.9	9:16	3.9	12:37	2.5	2:24	0.5	7:22	4:55	
25	Wed	7:54	6.2	10:12	4.2	1:32	2.8	3:06	-0.1	7:23	4:56	
26	Thu	8:38	6.4	10:59	4.5	2:25	2.9	3:47	-0.6	7:23	4:56	
27	Fri	9:24	6.7	11:42	4.8	3:14	3.0	4:28	-1.0	7:24	4:57	
28	Sat	10:10	6.8			4:03	2.9	5:10	-1.3	7:24	4:58	
29	Sun	12:24	5.0	10:58 AM	6.9	4:52	2.8	5:53	-1.4	7:24	4:58	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Mon	1:05	5.1	11:47 AM	6.8	5:43	2.6	6:36	-1.4	7:24	4:59	○
31	Tue	1:45	5.3	12:39	6.4	6:38	2.4	7:19	-1.1	7:25	5:00	○