

Alcatraz Island, CA - Jan 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:26	5.5	1:35	5.9	7:38	2.1	8:04	-0.6	7:25	5:01	
2	Thu	3:09	5.7	2:36	5.3	8:43	1.9	8:51	0.0	7:25	5:01	
3	Fri	3:55	5.9	3:46	4.6	9:56	1.6	9:42	0.7	7:25	5:02	
4	Sat	4:44	6.0	5:10	4.1	11:13	1.3	10:38	1.4	7:25	5:03	
5	Sun	5:36	6.2	6:45	3.9			12:28	0.8	7:25	5:04	
6	Mon	6:29	6.3	8:14	4.1			1:34	0.3	7:25	5:05	
7	Tue	7:22	6.4	9:25	4.3	12:49	2.4	2:32	-0.1	7:25	5:06	
8	Wed	8:12	6.4	10:21	4.6	1:53	2.7	3:21	-0.4	7:25	5:07	
9	Thu	8:59	6.4	11:08	4.8	2:51	2.8	4:04	-0.6	7:25	5:08	
10	Fri	9:43	6.4	11:49	4.9	3:42	2.8	4:43	-0.6	7:25	5:09	
11	Sat	10:24	6.3			4:28	2.8	5:18	-0.6	7:25	5:10	
12	Sun	12:25	5.0	11:03 AM	6.1	5:10	2.7	5:51	-0.5	7:24	5:11	
13	Mon	12:57	5.0	11:40 AM	5.9	5:50	2.6	6:23	-0.4	7:24	5:12	
14	Tue	1:27	5.0	12:17	5.6	6:29	2.5	6:53	-0.2	7:24	5:13	
15	Wed	1:55	5.0	12:54	5.3	7:09	2.4	7:24	0.1	7:24	5:14	
16	Thu	2:23	5.1	1:34	4.9	7:52	2.3	7:55	0.5	7:23	5:15	
17	Fri	2:53	5.2	2:19	4.4	8:40	2.2	8:28	1.0	7:23	5:16	
18	Sat	3:26	5.3	3:15	4.0	9:35	2.1	9:05	1.5	7:22	5:17	
19	Sun	4:03	5.4	4:30	3.6	10:39	1.8	9:49	2.0	7:22	5:18	
20	Mon	4:46	5.5	6:08	3.5	11:48	1.5	10:45	2.5	7:22	5:19	
21	Tue	5:35	5.6	7:46	3.6			12:52	1.0	7:21	5:20	
22	Wed	6:28	5.9	8:58	3.9			1:48	0.4	7:20	5:21	
23	Thu	7:22	6.1	9:50	4.3	1:02	3.0	2:38	-0.1	7:20	5:22	
24	Fri	8:16	6.4	10:33	4.6	2:04	2.9	3:24	-0.6	7:19	5:23	
25	Sat	9:08	6.7	11:13	4.9	2:59	2.8	4:07	-1.0	7:19	5:24	
26	Sun	9:59	6.8	11:51	5.2	3:51	2.5	4:50	-1.2	7:18	5:25	
27	Mon	10:51	6.8			4:42	2.2	5:32	-1.3	7:17	5:27	
28	Tue	12:29	5.5	11:42 AM	6.7	5:34	1.8	6:13	-1.1	7:17	5:28	
29	Wed	1:07	5.7	12:35	6.3	6:27	1.5	6:55	-0.7	7:16	5:29	
30	Thu	1:46	5.9	1:31	5.8	7:23	1.2	7:38	-0.1	7:15	5:30	
31	Fri	2:27	6.1	2:31	5.1	8:23	1.0	8:22	0.6	7:14	5:31	