

Alcatraz Island, CA - Dec 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:31	6.9	11:21	5.0	3:10	2.2	4:22	-1.1	7:06	4:51	
2	Tue	10:15	7.0			4:01	2.4	5:07	-1.3	7:07	4:50	
3	Wed	12:13	5.1	10:59 AM	6.8	4:51	2.6	5:52	-1.3	7:08	4:50	
4	Thu	1:02	5.1	11:44 AM	6.6	5:42	2.7	6:36	-1.2	7:08	4:50	
5	Fri	1:50	5.1	12:29	6.2	6:34	2.8	7:19	-0.9	7:09	4:50	
6	Sat	2:37	5.1	1:15	5.8	7:30	2.8	8:03	-0.5	7:10	4:50	
7	Sun	3:23	5.1	2:03	5.3	8:30	2.8	8:48	-0.1	7:11	4:50	
8	Mon	4:08	5.0	2:57	4.7	9:38	2.7	9:34	0.4	7:12	4:50	
9	Tue	4:53	5.1	4:01	4.2	10:50	2.5	10:23	0.9	7:13	4:50	
10	Wed	5:36	5.2	5:18	3.8			12:00	2.2	7:14	4:50	
11	Thu	6:17	5.3	6:44	3.7			1:01	1.7	7:14	4:50	
12	Fri	6:56	5.5	8:06	3.7	12:09	1.9	1:53	1.2	7:15	4:51	
13	Sat	7:33	5.7	9:12	3.9	1:02	2.2	2:37	0.7	7:16	4:51	
14	Sun	8:09	5.9	10:06	4.2	1:51	2.5	3:16	0.3	7:17	4:51	
15	Mon	8:46	6.0	10:52	4.4	2:36	2.7	3:52	-0.1	7:17	4:51	
16	Tue	9:23	6.2	11:33	4.6	3:18	2.8	4:26	-0.4	7:18	4:52	
17	Wed	10:01	6.3			3:59	2.9	5:01	-0.7	7:19	4:52	
18	Thu	12:13	4.7	10:40 AM	6.4	4:39	2.9	5:36	-0.9	7:19	4:52	
19	Fri	12:51	4.8	11:21 AM	6.4	5:21	2.9	6:13	-1.0	7:20	4:53	
20	Sat	1:30	4.9	12:04	6.2	6:06	2.8	6:52	-1.0	7:20	4:53	
21	Sun	2:09	5.1	12:50	6.0	6:55	2.7	7:33	-0.8	7:21	4:54	
22	Mon	2:49	5.2	1:41	5.6	7:51	2.6	8:16	-0.4	7:21	4:54	
23	Tue	3:31	5.4	2:40	5.1	8:55	2.3	9:03	0.1	7:22	4:55	
24	Wed	4:16	5.6	3:52	4.5	10:08	2.0	9:54	0.7	7:22	4:55	
25	Thu	5:03	5.8	5:18	4.1	11:25	1.5	10:50	1.3	7:23	4:56	
26	Fri	5:52	6.1	6:52	4.0			12:38	0.9	7:23	4:56	
27	Sat	6:43	6.4	8:19	4.1			1:41	0.2	7:23	4:57	
28	Sun	7:34	6.6	9:30	4.4	12:57	2.3	2:37	-0.3	7:24	4:58	
29	Mon	8:24	6.8	10:28	4.7	1:59	2.5	3:27	-0.8	7:24	4:58	
30	Tue	9:13	6.8	11:18	4.9	2:57	2.7	4:14	-1.0	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	10:00	6.8			3:51	2.7	4:56	-1.1	7:25	5:00	