

Alcatraz Island, CA - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:01	5.1	10:48 AM	6.6	4:44	2.6	5:37	-1.0	7:25	5:01	
2	Fri	12:44	5.2	11:31 AM	6.4	5:33	2.6	6:17	-0.9	7:25	5:01	
3	Sat	1:24	5.2	12:14	6.0	6:21	2.5	6:55	-0.6	7:25	5:02	
4	Sun	2:02	5.2	12:56	5.6	7:09	2.5	7:32	-0.3	7:25	5:03	
5	Mon	2:38	5.2	1:39	5.1	7:59	2.5	8:09	0.2	7:25	5:04	
6	Tue	3:14	5.2	2:27	4.6	8:54	2.4	8:47	0.7	7:25	5:05	
7	Wed	3:50	5.2	3:22	4.1	9:56	2.3	9:28	1.2	7:25	5:06	
8	Thu	4:29	5.3	4:33	3.7	11:03	2.0	10:14	1.7	7:25	5:07	
9	Fri	5:11	5.3	6:03	3.5			12:11	1.7	7:25	5:07	
10	Sat	5:55	5.5	7:38	3.6			1:11	1.3	7:25	5:08	
11	Sun	6:42	5.6	8:52	3.8	12:10	2.6	2:02	0.8	7:25	5:09	
12	Mon	7:28	5.8	9:46	4.1	1:11	2.8	2:46	0.4	7:24	5:10	
13	Tue	8:14	6.0	10:29	4.4	2:05	2.9	3:25	0.0	7:24	5:11	
14	Wed	8:58	6.3	11:08	4.6	2:54	2.9	4:02	-0.4	7:24	5:12	
15	Thu	9:42	6.4	11:44	4.8	3:38	2.8	4:39	-0.7	7:24	5:13	
16	Fri	10:26	6.5			4:22	2.6	5:15	-0.9	7:23	5:14	
17	Sat	12:19	5.0	11:10 AM	6.5	5:06	2.4	5:53	-1.0	7:23	5:15	
18	Sun	12:55	5.2	11:57 AM	6.4	5:52	2.2	6:31	-0.9	7:23	5:17	
19	Mon	1:32	5.4	12:45	6.1	6:42	2.0	7:11	-0.6	7:22	5:18	
20	Tue	2:10	5.6	1:38	5.6	7:36	1.7	7:52	-0.1	7:22	5:19	
21	Wed	2:51	5.8	2:38	5.0	8:36	1.5	8:37	0.5	7:21	5:20	
22	Thu	3:35	5.9	3:49	4.5	9:44	1.3	9:27	1.1	7:21	5:21	
23	Fri	4:24	6.1	5:15	4.0	10:59	1.0	10:26	1.8	7:20	5:22	
24	Sat	5:18	6.2	6:52	3.9			12:15	0.6	7:19	5:23	
25	Sun	6:16	6.3	8:18	4.2			1:25	0.2	7:19	5:24	
26	Mon	7:16	6.4	9:24	4.5	12:49	2.6	2:25	-0.2	7:18	5:25	
27	Tue	8:12	6.4	10:17	4.8	1:58	2.7	3:16	-0.5	7:17	5:26	
28	Wed	9:05	6.5	11:01	5.0	2:58	2.6	4:02	-0.6	7:17	5:27	
29	Thu	9:53	6.4	11:41	5.1	3:50	2.5	4:42	-0.7	7:16	5:29	
30	Fri	10:38	6.3			4:38	2.3	5:19	-0.6	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	12:16	5.2	11:20 AM	6.0	5:22	2.2	5:54	-0.4	7:14	5:31	