

Alcatraz Island, CA - Dec 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:55	5.7	9:01	4.2	1:15	1.7	2:39	0.8	7:06	4:51	
2	Thu	8:29	5.9	9:57	4.3	2:03	2.0	3:20	0.4	7:07	4:50	
3	Fri	9:02	6.0	10:45	4.5	2:47	2.3	3:57	0.1	7:08	4:50	
4	Sat	9:34	6.0	11:28	4.6	3:27	2.5	4:31	-0.2	7:09	4:50	
5	Sun	10:06	6.1			4:05	2.7	5:03	-0.3	7:10	4:50	
6	Mon	12:08	4.6	10:39 AM	6.1	4:42	2.8	5:34	-0.4	7:11	4:50	
7	Tue	12:45	4.7	11:14 AM	6.0	5:19	2.9	6:06	-0.5	7:12	4:50	
8	Wed	1:22	4.7	11:49 AM	5.9	5:57	3.0	6:40	-0.5	7:13	4:50	
9	Thu	2:00	4.8	12:27	5.8	6:37	3.0	7:15	-0.5	7:13	4:50	
10	Fri	2:38	4.8	1:09	5.5	7:22	3.0	7:54	-0.3	7:14	4:50	
11	Sat	3:18	4.9	1:56	5.2	8:16	2.9	8:36	-0.1	7:15	4:50	
12	Sun	4:00	5.0	2:52	4.8	9:19	2.7	9:23	0.3	7:16	4:51	
13	Mon	4:44	5.2	4:02	4.4	10:32	2.4	10:15	0.7	7:16	4:51	
14	Tue	5:29	5.5	5:27	4.1	11:45	1.8	11:12	1.2	7:17	4:51	
15	Wed	6:15	5.8	6:58	4.0			12:51	1.1	7:18	4:51	
16	Thu	7:02	6.2	8:20	4.2	12:12	1.6	1:49	0.4	7:18	4:52	
17	Fri	7:50	6.6	9:29	4.5	1:12	2.0	2:42	-0.3	7:19	4:52	
18	Sat	8:37	6.9	10:29	4.8	2:10	2.2	3:32	-0.9	7:20	4:53	
19	Sun	9:25	7.1	11:23	5.0	3:06	2.4	4:20	-1.3	7:20	4:53	
20	Mon	10:14	7.1			4:00	2.5	5:06	-1.5	7:21	4:53	
21	Tue	12:12	5.2	11:03 AM	7.0	4:54	2.5	5:52	-1.5	7:21	4:54	
22	Wed	12:59	5.3	11:52 AM	6.8	5:48	2.5	6:38	-1.3	7:22	4:54	
23	Thu	1:45	5.4	12:41	6.3	6:43	2.4	7:22	-1.0	7:22	4:55	
24	Fri	2:30	5.4	1:32	5.8	7:41	2.4	8:07	-0.5	7:23	4:56	
25	Sat	3:15	5.4	2:25	5.2	8:44	2.3	8:52	0.1	7:23	4:56	
26	Sun	4:01	5.4	3:26	4.6	9:53	2.2	9:40	0.7	7:23	4:57	
27	Mon	4:46	5.4	4:38	4.0	11:06	2.0	10:31	1.3	7:24	4:57	
28	Tue	5:32	5.5	6:04	3.7			12:16	1.6	7:24	4:58	
29	Wed	6:17	5.6	7:35	3.7			1:18	1.2	7:24	4:59	
30	Thu	7:01	5.7	8:50	3.9	12:27	2.3	2:11	0.8	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	7:43	5.8	9:44	4.1	1:24	2.6	2:55	0.4	7:25	5:00	