

Alcatraz Island, CA - Jan 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:26	5.9	10:30	4.4	2:16	2.6	3:35	0.1	7:25	5:01	
2	Sun	9:05	6.1	11:10	4.5	3:02	2.8	4:10	-0.1	7:25	5:02	
3	Mon	9:42	6.2	11:47	4.7	3:43	2.8	4:43	-0.3	7:25	5:03	
4	Tue	10:19	6.2			4:22	2.8	5:15	-0.5	7:25	5:04	
5	Wed	12:21	4.8	10:57 AM	6.2	5:00	2.8	5:46	-0.6	7:25	5:04	
6	Thu	12:54	4.9	11:35 AM	6.1	5:38	2.7	6:19	-0.6	7:25	5:05	
7	Fri	1:27	5.0	12:15	5.9	6:19	2.6	6:53	-0.5	7:25	5:06	
8	Sat	2:02	5.1	12:58	5.7	7:03	2.5	7:30	-0.3	7:25	5:07	
9	Sun	2:38	5.3	1:45	5.3	7:54	2.3	8:09	0.0	7:25	5:08	
10	Mon	3:17	5.4	2:41	4.8	8:52	2.1	8:53	0.5	7:25	5:09	
11	Tue	4:00	5.6	3:50	4.3	9:59	1.8	9:42	1.0	7:24	5:10	
12	Wed	4:47	5.8	5:17	4.0	11:13	1.4	10:40	1.6	7:24	5:11	
13	Thu	5:38	6.0	6:53	3.9			12:26	0.9	7:24	5:12	
14	Fri	6:33	6.3	8:18	4.1			1:31	0.3	7:24	5:13	
15	Sat	7:28	6.5	9:27	4.5	12:54	2.4	2:29	-0.3	7:23	5:14	
16	Sun	8:23	6.7	10:22	4.8	2:00	2.5	3:21	-0.8	7:23	5:15	
17	Mon	9:15	6.8	11:10	5.1	3:00	2.5	4:09	-1.0	7:23	5:16	
18	Tue	10:06	6.9	11:55	5.3	3:56	2.4	4:54	-1.2	7:22	5:17	
19	Wed	10:55	6.7			4:48	2.3	5:37	-1.1	7:22	5:18	
20	Thu	12:36	5.4	11:43 AM	6.5	5:39	2.1	6:18	-0.9	7:21	5:19	
21	Fri	1:16	5.5	12:30	6.1	6:30	2.0	6:58	-0.6	7:21	5:21	
22	Sat	1:54	5.5	1:16	5.6	7:20	1.9	7:37	-0.1	7:20	5:22	
23	Sun	2:32	5.5	2:05	5.0	8:13	1.9	8:16	0.4	7:20	5:23	
24	Mon	3:10	5.5	2:59	4.5	9:10	1.8	8:58	1.0	7:19	5:24	
25	Tue	3:49	5.4	4:03	4.0	10:13	1.8	9:43	1.6	7:18	5:25	
26	Wed	4:32	5.4	5:25	3.7	11:22	1.6	10:38	2.2	7:18	5:26	
27	Thu	5:18	5.4	7:02	3.6			12:30	1.3	7:17	5:27	
28	Fri	6:08	5.4	8:25	3.8			1:30	1.0	7:16	5:28	
29	Sat	7:00	5.6	9:23	4.1	12:49	2.8	2:21	0.6	7:15	5:29	
30	Sun	7:49	5.7	10:06	4.3	1:49	2.9	3:04	0.3	7:15	5:31	
31	Mon	8:35	5.9	10:42	4.5	2:39	2.8	3:42	0.0	7:14	5:32	