

Alcatraz Island, CA - Dec 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:00	4.7	2:30	4.8	9:08	3.1	9:15	0.4	7:06	4:51	
2	Fri	4:45	4.8	3:29	4.4	10:18	2.9	10:04	0.7	7:07	4:50	
3	Sat	5:30	5.0	4:42	4.1	11:29	2.5	10:58	1.0	7:08	4:50	
4	Sun	6:13	5.3	6:05	4.0			12:32	2.0	7:09	4:50	
5	Mon	6:55	5.6	7:26	4.1			1:26	1.3	7:10	4:50	
6	Tue	7:36	6.0	8:39	4.3	12:49	1.6	2:14	0.6	7:11	4:50	
7	Wed	8:17	6.3	9:42	4.5	1:42	1.8	3:00	-0.1	7:12	4:50	
8	Thu	9:00	6.7	10:39	4.8	2:34	2.0	3:46	-0.7	7:12	4:50	
9	Fri	9:44	6.9	11:33	5.0	3:24	2.2	4:32	-1.2	7:13	4:50	
10	Sat	10:31	7.1			4:15	2.3	5:19	-1.5	7:14	4:50	
11	Sun	12:24	5.2	11:19 AM	7.1	5:07	2.4	6:06	-1.6	7:15	4:50	
12	Mon	1:14	5.3	12:09	6.9	6:01	2.4	6:55	-1.5	7:16	4:51	
13	Tue	2:04	5.4	1:02	6.5	7:00	2.4	7:44	-1.1	7:16	4:51	
14	Wed	2:54	5.5	1:58	5.9	8:04	2.4	8:35	-0.7	7:17	4:51	
15	Thu	3:46	5.5	3:00	5.3	9:16	2.3	9:28	-0.1	7:18	4:51	
16	Fri	4:38	5.6	4:10	4.7	10:34	2.1	10:24	0.5	7:18	4:52	
17	Sat	5:30	5.7	5:32	4.2	11:51	1.7	11:22	1.1	7:19	4:52	
18	Sun	6:21	5.8	6:59	4.0			1:01	1.3	7:20	4:52	
19	Mon	7:09	5.9	8:19	4.1	12:22	1.6	2:00	0.8	7:20	4:53	
20	Tue	7:53	6.0	9:25	4.3	1:19	2.0	2:49	0.4	7:21	4:53	
21	Wed	8:33	6.1	10:20	4.5	2:12	2.3	3:32	0.1	7:21	4:54	
22	Thu	9:10	6.1	11:06	4.6	2:59	2.5	4:10	-0.2	7:22	4:54	
23	Fri	9:45	6.1	11:47	4.7	3:43	2.7	4:44	-0.3	7:22	4:55	
24	Sat	10:19	6.1			4:23	2.8	5:16	-0.4	7:23	4:55	
25	Sun	12:24	4.8	10:53 AM	6.0	5:02	2.9	5:48	-0.4	7:23	4:56	
26	Mon	12:58	4.8	11:28 AM	5.9	5:39	2.9	6:18	-0.4	7:23	4:57	
27	Tue	1:31	4.8	12:04	5.8	6:16	2.9	6:50	-0.4	7:24	4:57	
28	Wed	2:03	4.9	12:41	5.5	6:56	2.8	7:22	-0.2	7:24	4:58	
29	Thu	2:37	5.0	1:21	5.2	7:40	2.8	7:57	0.0	7:24	4:59	
30	Fri	3:13	5.0	2:06	4.9	8:30	2.7	8:35	0.3	7:24	4:59	
31	Sat	3:51	5.2	3:00	4.4	9:29	2.5	9:22	0.7	7:25	5:00	