

Alcatraz Island, CA - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:37	5.3	4:09	4.1	10:37	2.2	10:12	1.1	7:25	5:01	
2	Mon	5:22	5.5	5:37	3.9	11:47	1.8	11:09	1.6	7:25	5:02	
3	Tue	6:09	5.8	7:09	3.9			12:52	1.1	7:25	5:03	
4	Wed	6:58	6.1	8:29	4.1	12:11	2.0	1:49	0.4	7:25	5:03	
5	Thu	7:47	6.4	9:36	4.5	1:13	2.2	2:42	-0.3	7:25	5:04	
6	Fri	8:37	6.8	10:32	4.8	2:13	2.4	3:31	-0.8	7:25	5:05	
7	Sat	9:27	7.0	11:22	5.1	3:09	2.4	4:19	-1.3	7:25	5:06	
8	Sun	10:18	7.1			4:04	2.4	5:06	-1.5	7:25	5:07	
9	Mon	12:09	5.3	11:08 AM	7.0	4:58	2.3	5:52	-1.5	7:25	5:08	
10	Tue	12:55	5.5	11:59 AM	6.8	5:53	2.2	6:38	-1.3	7:25	5:09	
11	Wed	1:39	5.6	12:51	6.4	6:49	2.1	7:23	-0.9	7:25	5:10	
12	Thu	2:24	5.7	1:45	5.8	7:48	2.0	8:09	-0.4	7:24	5:11	
13	Fri	3:09	5.7	2:42	5.2	8:51	1.9	8:56	0.2	7:24	5:12	
14	Sat	3:56	5.7	3:48	4.6	10:01	1.8	9:47	0.9	7:24	5:13	
15	Sun	4:45	5.7	5:06	4.1	11:15	1.6	10:43	1.5	7:23	5:14	
16	Mon	5:35	5.7	6:37	3.9			12:26	1.3	7:23	5:15	
17	Tue	6:25	5.8	8:04	3.9			1:30	0.9	7:23	5:16	
18	Wed	7:14	5.8	9:12	4.2	12:49	2.4	2:24	0.6	7:22	5:17	
19	Thu	8:00	5.9	10:05	4.4	1:48	2.6	3:09	0.3	7:22	5:18	
20	Fri	8:42	5.9	10:47	4.6	2:40	2.7	3:49	0.0	7:21	5:19	
21	Sat	9:22	6.0	11:24	4.7	3:25	2.7	4:24	-0.1	7:21	5:20	
22	Sun	10:00	6.0	11:56	4.8	4:06	2.7	4:56	-0.3	7:20	5:21	
23	Mon	10:37	6.0			4:44	2.6	5:26	-0.3	7:20	5:22	
24	Tue	12:26	4.9	11:14 AM	6.0	5:20	2.5	5:56	-0.3	7:19	5:24	
25	Wed	12:56	5.0	11:50 AM	5.8	5:55	2.4	6:25	-0.3	7:18	5:25	
26	Thu	1:25	5.1	12:28	5.6	6:33	2.3	6:56	-0.1	7:18	5:26	
27	Fri	1:56	5.2	1:08	5.3	7:13	2.2	7:29	0.2	7:17	5:27	
28	Sat	2:29	5.3	1:53	4.9	7:59	2.0	8:06	0.5	7:16	5:28	
29	Sun	3:05	5.4	2:47	4.5	8:52	1.8	8:46	1.0	7:16	5:29	
30	Mon	3:45	5.5	3:57	4.1	9:55	1.6	9:34	1.5	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	4:31	5.6	5:26	3.8	11:05	1.2	10:33	2.0	7:14	5:31	