

Alcatraz Island, CA - Dec 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:42	5.1	11:36 AM	6.7	5:25	2.5	6:21	-1.3	7:06	4:51	●
2	Sat	1:32	5.1	12:23	6.6	6:15	2.6	7:09	-1.2	7:07	4:50	●
3	Sun	2:23	5.2	1:14	6.3	7:11	2.7	7:59	-1.0	7:08	4:50	◐
4	Mon	3:16	5.2	2:11	5.8	8:15	2.7	8:52	-0.7	7:09	4:50	◑
5	Tue	4:10	5.3	3:16	5.3	9:30	2.5	9:49	-0.2	7:10	4:50	◑
6	Wed	5:05	5.5	4:31	4.8	10:53	2.3	10:49	0.3	7:10	4:50	◑
7	Thu	5:59	5.7	5:54	4.4			12:12	1.8	7:11	4:50	◐
8	Fri	6:50	5.9	7:18	4.3			1:20	1.2	7:12	4:50	◐
9	Sat	7:38	6.2	8:34	4.4	12:50	1.2	2:17	0.6	7:13	4:50	◐
10	Sun	8:21	6.3	9:39	4.6	1:45	1.6	3:07	0.1	7:14	4:50	○
11	Mon	9:02	6.4	10:35	4.7	2:37	2.0	3:51	-0.3	7:15	4:50	○
12	Tue	9:40	6.4	11:26	4.9	3:24	2.2	4:31	-0.5	7:15	4:51	○
13	Wed	10:17	6.4			4:09	2.5	5:09	-0.6	7:16	4:51	○
14	Thu	12:11	4.9	10:52 AM	6.2	4:52	2.7	5:44	-0.6	7:17	4:51	○
15	Fri	12:53	4.9	11:27 AM	6.1	5:34	2.8	6:18	-0.6	7:17	4:51	○
16	Sat	1:33	4.9	12:02	5.9	6:16	2.9	6:53	-0.4	7:18	4:52	○
17	Sun	2:11	4.9	12:38	5.6	6:58	2.9	7:28	-0.2	7:19	4:52	○
18	Mon	2:48	4.9	1:17	5.3	7:44	3.0	8:04	0.0	7:19	4:52	◐
19	Tue	3:25	4.9	1:59	4.9	8:36	2.9	8:42	0.3	7:20	4:53	◐
20	Wed	4:05	4.9	2:49	4.5	9:36	2.8	9:24	0.7	7:21	4:53	◐
21	Thu	4:46	5.0	3:51	4.1	10:44	2.6	10:11	1.1	7:21	4:54	◐
22	Fri	5:28	5.2	5:08	3.8	11:52	2.2	11:03	1.4	7:22	4:54	◐
23	Sat	6:11	5.4	6:34	3.7			12:51	1.7	7:22	4:55	◐
24	Sun	6:54	5.7	7:56	3.8			1:42	1.1	7:22	4:55	◐
25	Mon	7:36	6.0	9:04	4.1	12:55	2.1	2:28	0.5	7:23	4:56	◐
26	Tue	8:18	6.3	10:02	4.4	1:49	2.3	3:11	-0.1	7:23	4:56	◑
27	Wed	9:02	6.6	10:53	4.7	2:40	2.4	3:54	-0.7	7:24	4:57	◑
28	Thu	9:47	6.8	11:41	5.0	3:30	2.5	4:37	-1.1	7:24	4:58	◑
29	Fri	10:33	6.9			4:20	2.5	5:22	-1.4	7:24	4:58	●
30	Sat	12:28	5.2	11:21 AM	6.9	5:11	2.4	6:07	-1.5	7:24	4:59	●

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	1:13	5.3	12:12	6.7	6:04	2.4	6:55	-1.4	7:25	5:00	