

Alcatraz Island, CA - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:03	5.5	1:04	6.4	7:01	2.4	7:42	-1.1	7:25	5:01	
2	Tue	2:50	5.6	2:00	5.9	8:04	2.3	8:32	-0.6	7:25	5:02	
3	Wed	3:39	5.7	3:03	5.3	9:14	2.1	9:24	0.0	7:25	5:02	
4	Thu	4:29	5.8	4:16	4.7	10:31	1.9	10:19	0.6	7:25	5:03	
5	Fri	5:22	5.9	5:40	4.2	11:49	1.5	11:19	1.2	7:25	5:04	
6	Sat	6:14	6.0	7:10	4.1			1:00	1.0	7:25	5:05	
7	Sun	7:05	6.1	8:31	4.2	12:22	1.7	2:02	0.5	7:25	5:06	
8	Mon	7:53	6.2	9:37	4.4	1:23	2.1	2:54	0.1	7:25	5:07	
9	Tue	8:37	6.3	10:31	4.6	2:19	2.4	3:39	-0.2	7:25	5:08	
10	Wed	9:19	6.3	11:17	4.8	3:10	2.6	4:18	-0.3	7:25	5:09	
11	Thu	9:57	6.2	11:57	4.9	3:56	2.7	4:54	-0.4	7:25	5:10	
12	Fri	10:34	6.1			4:38	2.7	5:27	-0.4	7:24	5:11	
13	Sat	12:33	4.9	11:09 AM	6.0	5:18	2.7	5:59	-0.4	7:24	5:12	
14	Sun	1:06	4.9	11:44 AM	5.9	5:56	2.7	6:30	-0.3	7:24	5:13	
15	Mon	1:37	4.9	12:20	5.7	6:34	2.7	7:01	-0.2	7:24	5:14	
16	Tue	2:08	4.9	12:57	5.4	7:13	2.6	7:33	0.1	7:23	5:15	
17	Wed	2:39	5.0	1:36	5.0	7:56	2.5	8:06	0.4	7:23	5:16	
18	Thu	3:13	5.0	2:22	4.6	8:45	2.4	8:43	0.8	7:22	5:17	
19	Fri	3:50	5.1	3:17	4.2	9:43	2.3	9:24	1.2	7:22	5:18	
20	Sat	4:31	5.3	4:31	3.8	10:49	2.0	10:13	1.7	7:22	5:19	
21	Sun	5:16	5.4	6:04	3.7	11:58	1.6	11:12	2.1	7:21	5:20	
22	Mon	6:05	5.7	7:36	3.8			1:01	1.0	7:20	5:21	
23	Tue	6:56	5.9	8:51	4.1	12:17	2.4	1:56	0.4	7:20	5:22	
24	Wed	7:47	6.3	9:49	4.5	1:22	2.6	2:46	-0.2	7:19	5:23	
25	Thu	8:39	6.6	10:38	4.8	2:21	2.6	3:34	-0.8	7:19	5:24	
26	Fri	9:30	6.8	11:23	5.1	3:16	2.5	4:20	-1.2	7:18	5:26	
27	Sat	10:21	7.0			4:09	2.3	5:06	-1.4	7:17	5:27	
28	Sun	12:06	5.3	11:12 AM	6.9	5:01	2.1	5:50	-1.4	7:17	5:28	
29	Mon	12:48	5.5	12:04	6.7	5:54	1.9	6:35	-1.2	7:16	5:29	
30	Tue	1:30	5.7	12:57	6.3	6:49	1.6	7:20	-0.8	7:15	5:30	
31	Wed	2:13	5.8	1:52	5.8	7:47	1.5	8:05	-0.2	7:14	5:31	