

Alcatraz Island, CA - Dec 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:19	6.6	10:41	5.0	2:50	1.5	3:58	-0.5	7:06	4:51	
2	Sun	9:59	6.7	11:35	5.1	3:39	1.9	4:42	-0.8	7:07	4:50	
3	Mon	10:39	6.7			4:26	2.2	5:25	-1.0	7:08	4:50	
4	Tue	12:27	5.1	11:19 AM	6.6	5:13	2.4	6:07	-1.0	7:08	4:50	
5	Wed	1:16	5.1	11:59 AM	6.3	6:01	2.6	6:49	-0.8	7:09	4:50	
6	Thu	2:04	5.1	12:40	6.0	6:51	2.8	7:30	-0.6	7:10	4:50	
7	Fri	2:51	5.0	1:22	5.6	7:44	2.9	8:13	-0.3	7:11	4:50	
8	Sat	3:39	5.0	2:07	5.1	8:43	3.0	8:58	0.1	7:12	4:50	
9	Sun	4:27	4.9	2:58	4.7	9:50	3.0	9:46	0.5	7:13	4:50	
10	Mon	5:14	5.0	4:00	4.2	11:02	2.8	10:37	0.9	7:14	4:50	
11	Tue	5:58	5.1	5:15	3.9			12:10	2.4	7:14	4:50	
12	Wed	6:40	5.2	6:36	3.8			1:08	1.9	7:15	4:51	
13	Thu	7:17	5.4	7:52	3.8	12:24	1.6	1:58	1.4	7:16	4:51	
14	Fri	7:53	5.6	8:57	4.0	1:14	1.9	2:40	0.9	7:17	4:51	
15	Sat	8:28	5.9	9:52	4.2	2:00	2.1	3:18	0.4	7:17	4:51	
16	Sun	9:03	6.1	10:41	4.5	2:43	2.3	3:53	0.0	7:18	4:52	
17	Mon	9:39	6.3	11:27	4.7	3:24	2.5	4:29	-0.4	7:19	4:52	
18	Tue	10:17	6.4			4:05	2.6	5:06	-0.8	7:19	4:52	
19	Wed	12:11	4.8	10:56 AM	6.5	4:47	2.7	5:44	-1.0	7:20	4:53	
20	Thu	12:55	5.0	11:38 AM	6.5	5:32	2.7	6:26	-1.1	7:20	4:53	
21	Fri	1:39	5.1	12:23	6.4	6:20	2.7	7:09	-1.1	7:21	4:54	
22	Sat	2:24	5.2	1:12	6.1	7:13	2.7	7:55	-0.9	7:21	4:54	
23	Sun	3:10	5.3	2:07	5.6	8:14	2.6	8:44	-0.5	7:22	4:55	
24	Mon	3:59	5.4	3:11	5.1	9:24	2.4	9:37	0.0	7:22	4:55	
25	Tue	4:50	5.6	4:26	4.6	10:44	2.1	10:34	0.5	7:23	4:56	
26	Wed	5:41	5.8	5:53	4.3			12:02	1.6	7:23	4:56	
27	Thu	6:32	6.1	7:21	4.2			1:12	1.0	7:23	4:57	
28	Fri	7:22	6.3	8:40	4.3	12:36	1.5	2:11	0.3	7:24	4:58	
29	Sat	8:09	6.5	9:46	4.6	1:36	1.9	3:03	-0.2	7:24	4:58	
30	Sun	8:55	6.6	10:43	4.8	2:32	2.2	3:50	-0.6	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	9:38	6.7	11:34	5.0	3:25	2.4	4:33	-0.8	7:25	5:00	