

Alcatraz Island, CA - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:20	6.6			4:13	2.6	5:14	-0.9	7:25	5:01	
2	Wed	12:20	5.1	11:00 AM	6.4	5:00	2.7	5:53	-0.8	7:25	5:01	
3	Thu	1:03	5.1	11:39 AM	6.2	5:46	2.8	6:30	-0.7	7:25	5:02	
4	Fri	1:43	5.1	12:17	5.9	6:31	2.8	7:06	-0.5	7:25	5:03	
5	Sat	2:21	5.0	12:56	5.6	7:16	2.8	7:42	-0.2	7:25	5:04	
6	Sun	2:58	5.0	1:37	5.2	8:05	2.8	8:20	0.1	7:25	5:05	
7	Mon	3:35	5.0	2:22	4.7	9:00	2.7	8:59	0.6	7:25	5:06	
8	Tue	4:13	5.0	3:15	4.3	10:02	2.6	9:41	1.0	7:25	5:07	
9	Wed	4:53	5.1	4:24	3.9	11:11	2.3	10:28	1.5	7:25	5:07	
10	Thu	5:35	5.2	5:50	3.6			12:17	2.0	7:25	5:08	
11	Fri	6:18	5.4	7:22	3.6			1:15	1.5	7:25	5:09	
12	Sat	7:01	5.6	8:39	3.8	12:20	2.3	2:04	0.9	7:24	5:10	
13	Sun	7:44	5.9	9:39	4.1	1:17	2.5	2:47	0.4	7:24	5:11	
14	Mon	8:27	6.1	10:28	4.4	2:10	2.7	3:27	-0.1	7:24	5:12	
15	Tue	9:10	6.4	11:12	4.7	2:58	2.8	4:07	-0.6	7:24	5:13	
16	Wed	9:54	6.6	11:54	4.9	3:45	2.7	4:47	-1.0	7:23	5:14	
17	Thu	10:39	6.7			4:31	2.7	5:28	-1.2	7:23	5:15	
18	Fri	12:34	5.1	11:26 AM	6.7	5:18	2.5	6:10	-1.3	7:23	5:17	
19	Sat	1:15	5.3	12:14	6.6	6:08	2.3	6:53	-1.2	7:22	5:18	
20	Sun	1:56	5.4	1:05	6.2	7:01	2.2	7:37	-0.9	7:22	5:19	
21	Mon	2:39	5.6	2:01	5.7	7:59	2.0	8:23	-0.3	7:21	5:20	
22	Tue	3:24	5.7	3:04	5.1	9:05	1.8	9:13	0.3	7:21	5:21	
23	Wed	4:11	5.8	4:19	4.5	10:19	1.5	10:07	1.0	7:20	5:22	
24	Thu	5:03	6.0	5:47	4.1	11:38	1.2	11:09	1.6	7:19	5:23	
25	Fri	5:57	6.1	7:21	4.1			12:52	0.7	7:19	5:24	
26	Sat	6:52	6.2	8:41	4.3	12:16	2.1	1:56	0.3	7:18	5:25	
27	Sun	7:46	6.3	9:45	4.6	1:23	2.4	2:52	-0.1	7:17	5:26	
28	Mon	8:36	6.3	10:37	4.8	2:24	2.6	3:39	-0.4	7:17	5:27	
29	Tue	9:23	6.3	11:21	5.0	3:19	2.6	4:21	-0.5	7:16	5:29	
30	Wed	10:06	6.3			4:07	2.6	4:59	-0.6	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	12:00	5.1	10:47 AM	6.2	4:51	2.5	5:34	-0.5	7:14	5:31	