

Alcatraz Island, CA - Dec 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:43	5.5	7:53	4.1	12:44	1.1	2:03	1.5	7:06	4:51	
2	Tue	8:17	5.6	8:57	4.2	1:33	1.5	2:48	1.0	7:07	4:50	
3	Wed	8:48	5.8	9:51	4.3	2:17	1.8	3:26	0.6	7:08	4:50	
4	Thu	9:18	5.9	10:40	4.4	2:57	2.0	4:02	0.3	7:09	4:50	
5	Fri	9:47	6.0	11:24	4.5	3:34	2.3	4:34	0.0	7:10	4:50	
6	Sat	10:18	6.1			4:10	2.5	5:06	-0.3	7:11	4:50	
7	Sun	12:06	4.6	10:50 AM	6.1	4:45	2.7	5:39	-0.5	7:12	4:50	
8	Mon	12:47	4.7	11:24 AM	6.1	5:21	2.9	6:13	-0.6	7:13	4:50	
9	Tue	1:28	4.7	12:00	6.0	6:00	3.0	6:50	-0.6	7:13	4:50	
10	Wed	2:10	4.8	12:39	5.9	6:42	3.1	7:30	-0.6	7:14	4:50	
11	Thu	2:54	4.8	1:22	5.6	7:31	3.1	8:14	-0.5	7:15	4:50	
12	Fri	3:41	4.9	2:13	5.3	8:30	3.1	9:02	-0.3	7:16	4:51	
13	Sat	4:29	5.0	3:15	4.9	9:41	2.9	9:55	0.1	7:16	4:51	
14	Sun	5:18	5.2	4:31	4.5	11:00	2.5	10:52	0.5	7:17	4:51	
15	Mon	6:06	5.5	5:58	4.3			12:15	1.9	7:18	4:51	
16	Tue	6:52	5.9	7:24	4.3			1:19	1.2	7:18	4:52	
17	Wed	7:37	6.2	8:41	4.4	12:50	1.3	2:15	0.4	7:19	4:52	
18	Thu	8:22	6.6	9:48	4.7	1:46	1.6	3:06	-0.3	7:20	4:53	
19	Fri	9:06	6.8	10:48	4.9	2:40	1.9	3:55	-0.8	7:20	4:53	
20	Sat	9:50	7.0	11:42	5.1	3:33	2.2	4:41	-1.2	7:21	4:53	
21	Sun	10:35	7.0			4:24	2.4	5:27	-1.4	7:21	4:54	
22	Mon	12:33	5.2	11:20 AM	6.8	5:15	2.5	6:12	-1.3	7:22	4:54	
23	Tue	1:22	5.3	12:05	6.6	6:07	2.6	6:56	-1.1	7:22	4:55	
24	Wed	2:09	5.3	12:51	6.2	7:01	2.7	7:40	-0.8	7:23	4:56	
25	Thu	2:56	5.3	1:38	5.7	7:58	2.7	8:24	-0.4	7:23	4:56	
26	Fri	3:43	5.2	2:29	5.1	9:00	2.7	9:10	0.1	7:23	4:57	
27	Sat	4:29	5.2	3:26	4.5	10:09	2.6	9:59	0.6	7:24	4:57	
28	Sun	5:16	5.2	4:35	4.1	11:21	2.4	10:51	1.1	7:24	4:58	
29	Mon	6:00	5.3	5:58	3.8			12:28	2.0	7:24	4:59	
30	Tue	6:42	5.4	7:25	3.7			1:27	1.5	7:24	5:00	
31	Wed	7:21	5.6	8:42	3.8	12:41	2.0	2:16	1.0	7:25	5:00	