

Alcatraz Island, CA - Jan 1981

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:00	5.8	9:43	4.1	1:33	2.3	3:00	0.6	7:25	5:01	
2	Fri	8:36	5.9	10:32	4.3	2:20	2.6	3:38	0.2	7:25	5:02	
3	Sat	9:11	6.1	11:15	4.5	3:04	2.8	4:13	-0.2	7:25	5:03	
4	Sun	9:48	6.2	11:55	4.7	3:44	2.9	4:47	-0.5	7:25	5:04	
5	Mon	10:25	6.3			4:23	3.0	5:21	-0.7	7:25	5:04	
6	Tue	12:32	4.8	11:04 AM	6.4	5:02	3.0	5:56	-0.9	7:25	5:05	
7	Wed	1:10	4.9	11:44 AM	6.3	5:43	2.9	6:34	-0.9	7:25	5:06	
8	Thu	1:47	5.0	12:26	6.2	6:26	2.8	7:13	-0.9	7:25	5:07	
9	Fri	2:26	5.1	1:11	5.9	7:15	2.7	7:54	-0.7	7:25	5:08	
10	Sat	3:06	5.2	2:03	5.5	8:11	2.6	8:38	-0.3	7:25	5:09	
11	Sun	3:49	5.3	3:04	4.9	9:17	2.3	9:26	0.2	7:24	5:10	
12	Mon	4:35	5.5	4:20	4.4	10:32	2.0	10:20	0.8	7:24	5:11	
13	Tue	5:23	5.8	5:51	4.1	11:49	1.5	11:19	1.4	7:24	5:12	
14	Wed	6:13	6.0	7:25	4.0			1:00	0.8	7:24	5:13	
15	Thu	7:04	6.3	8:47	4.3	12:23	1.9	2:02	0.2	7:23	5:14	
16	Fri	7:55	6.6	9:54	4.6	1:27	2.3	2:57	-0.4	7:23	5:15	
17	Sat	8:45	6.7	10:49	4.9	2:27	2.5	3:47	-0.8	7:23	5:16	
18	Sun	9:34	6.8	11:37	5.1	3:24	2.6	4:33	-1.0	7:22	5:17	
19	Mon	10:21	6.8			4:17	2.6	5:16	-1.1	7:22	5:18	
20	Tue	12:22	5.2	11:07 AM	6.6	5:07	2.6	5:57	-1.0	7:21	5:19	
21	Wed	1:03	5.3	11:51 AM	6.3	5:55	2.5	6:36	-0.8	7:21	5:21	
22	Thu	1:43	5.3	12:34	6.0	6:43	2.5	7:15	-0.5	7:20	5:22	
23	Fri	2:20	5.2	1:17	5.5	7:32	2.4	7:52	-0.1	7:20	5:23	
24	Sat	2:57	5.2	2:03	5.0	8:23	2.3	8:30	0.4	7:19	5:24	
25	Sun	3:33	5.2	2:53	4.5	9:19	2.2	9:10	1.0	7:18	5:25	
26	Mon	4:11	5.2	3:55	4.0	10:23	2.1	9:54	1.5	7:18	5:26	
27	Tue	4:51	5.2	5:17	3.6	11:31	1.8	10:46	2.1	7:17	5:27	
28	Wed	5:35	5.3	6:56	3.5			12:37	1.5	7:16	5:28	
29	Thu	6:21	5.4	8:25	3.7			1:34	1.1	7:15	5:29	
30	Fri	7:09	5.6	9:27	4.0	12:52	2.8	2:23	0.6	7:15	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	7:55	5.8	10:13	4.3	1:50	2.9	3:06	0.2	7:14	5:32	