

Alcatraz Island, CA - Jan 1982

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:22	5.0	3:13	4.6	9:43	2.8	9:48	0.4	7:25	5:01	
2	Sat	5:05	5.2	4:29	4.2	10:58	2.4	10:40	0.9	7:25	5:02	
3	Sun	5:48	5.5	6:01	4.0			12:10	1.8	7:25	5:03	
4	Mon	6:33	5.9	7:35	4.0			1:14	1.0	7:25	5:03	
5	Tue	7:18	6.2	8:56	4.2	12:37	1.9	2:11	0.2	7:25	5:04	
6	Wed	8:05	6.6	10:03	4.6	1:36	2.3	3:03	-0.5	7:25	5:05	
7	Thu	8:53	6.9	11:00	4.9	2:33	2.5	3:53	-1.1	7:25	5:06	
8	Fri	9:41	7.1	11:51	5.1	3:29	2.7	4:41	-1.4	7:25	5:07	
9	Sat	10:31	7.1			4:23	2.7	5:29	-1.6	7:25	5:08	
10	Sun	12:40	5.3	11:21 AM	7.0	5:17	2.7	6:15	-1.5	7:25	5:09	
11	Mon	1:26	5.4	12:10	6.7	6:11	2.6	7:01	-1.3	7:25	5:10	
12	Tue	2:11	5.4	1:01	6.3	7:08	2.5	7:46	-0.9	7:24	5:11	
13	Wed	2:56	5.4	1:53	5.7	8:07	2.4	8:32	-0.4	7:24	5:12	
14	Thu	3:40	5.4	2:49	5.0	9:12	2.3	9:18	0.3	7:24	5:13	
15	Fri	4:25	5.4	3:55	4.4	10:23	2.1	10:07	0.9	7:23	5:14	
16	Sat	5:11	5.5	5:15	3.9	11:35	1.8	11:00	1.6	7:23	5:15	
17	Sun	5:56	5.5	6:50	3.7			12:44	1.4	7:23	5:16	
18	Mon	6:41	5.6	8:20	3.8			1:43	1.0	7:22	5:17	
19	Tue	7:23	5.7	9:29	4.1	12:58	2.5	2:33	0.6	7:22	5:18	
20	Wed	8:04	5.8	10:21	4.3	1:55	2.8	3:16	0.2	7:21	5:19	
21	Thu	8:44	5.9	11:03	4.5	2:45	3.0	3:54	-0.1	7:21	5:20	
22	Fri	9:23	6.0	11:39	4.6	3:29	3.0	4:29	-0.3	7:20	5:21	
23	Sat	10:01	6.1			4:09	3.0	5:02	-0.5	7:20	5:22	
24	Sun	12:12	4.7	10:39 AM	6.2	4:46	3.0	5:34	-0.6	7:19	5:24	
25	Mon	12:43	4.8	11:17 AM	6.1	5:21	2.9	6:06	-0.6	7:18	5:25	
26	Tue	1:13	4.9	11:55 AM	6.0	5:58	2.7	6:39	-0.6	7:18	5:26	
27	Wed	1:45	5.0	12:34	5.8	6:37	2.6	7:13	-0.5	7:17	5:27	
28	Thu	2:17	5.1	1:17	5.5	7:22	2.4	7:49	-0.2	7:16	5:28	
29	Fri	2:51	5.2	2:06	5.1	8:12	2.2	8:28	0.3	7:16	5:29	
30	Sat	3:28	5.3	3:06	4.6	9:12	2.0	9:12	0.8	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	4:09	5.5	4:25	4.1	10:21	1.6	10:02	1.5	7:14	5:31	