

Alcatraz Island, CA - Jan 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:48	5.3	12:23	6.9	6:23	2.8	7:20	-1.5	7:25	5:01	
2	Sun	2:36	5.3	1:18	6.4	7:23	2.7	8:09	-1.1	7:25	5:02	
3	Mon	3:24	5.4	2:16	5.8	8:30	2.6	8:59	-0.6	7:25	5:02	
4	Tue	4:12	5.5	3:21	5.1	9:44	2.4	9:51	0.1	7:25	5:03	
5	Wed	5:01	5.6	4:36	4.5	11:03	2.0	10:45	0.8	7:25	5:04	
6	Thu	5:50	5.8	6:05	4.0			12:18	1.5	7:25	5:05	
7	Fri	6:37	5.9	7:38	3.9			1:25	1.0	7:25	5:06	
8	Sat	7:22	6.1	8:59	4.1	12:41	2.0	2:22	0.5	7:25	5:07	
9	Sun	8:04	6.1	10:04	4.3	1:38	2.4	3:10	0.1	7:25	5:08	
10	Mon	8:43	6.2	10:56	4.6	2:31	2.8	3:51	-0.2	7:25	5:09	
11	Tue	9:21	6.2	11:40	4.7	3:20	3.0	4:29	-0.4	7:25	5:10	
12	Wed	9:58	6.2			4:04	3.1	5:03	-0.5	7:24	5:11	
13	Thu	12:18	4.8	10:33 AM	6.1	4:44	3.1	5:36	-0.6	7:24	5:12	
14	Fri	12:52	4.8	11:09 AM	6.1	5:21	3.1	6:08	-0.5	7:24	5:13	
15	Sat	1:24	4.8	11:44 AM	5.9	5:57	3.1	6:40	-0.5	7:24	5:14	
16	Sun	1:54	4.8	12:20	5.7	6:34	3.0	7:12	-0.4	7:23	5:15	
17	Mon	2:24	4.8	12:58	5.5	7:13	2.9	7:44	-0.2	7:23	5:16	
18	Tue	2:55	4.8	1:38	5.1	7:58	2.8	8:19	0.1	7:22	5:17	
19	Wed	3:28	4.9	2:26	4.7	8:50	2.6	8:56	0.6	7:22	5:18	
20	Thu	4:04	5.1	3:26	4.2	9:52	2.4	9:38	1.1	7:21	5:19	
21	Fri	4:43	5.3	4:48	3.8	11:02	2.0	10:27	1.7	7:21	5:20	
22	Sat	5:25	5.5	6:30	3.7			12:12	1.4	7:20	5:21	
23	Sun	6:11	5.8	8:07	3.8			1:15	0.7	7:20	5:22	
24	Mon	7:01	6.2	9:22	4.2	12:30	2.6	2:12	0.0	7:19	5:23	
25	Tue	7:54	6.5	10:20	4.6	1:35	2.9	3:04	-0.7	7:19	5:24	
26	Wed	8:47	6.8	11:09	4.9	2:36	3.0	3:54	-1.2	7:18	5:26	
27	Thu	9:40	7.0	11:54	5.1	3:32	2.9	4:42	-1.5	7:17	5:27	
28	Fri	10:32	7.1			4:26	2.7	5:29	-1.6	7:17	5:28	
29	Sat	12:36	5.3	11:25 AM	7.0	5:20	2.4	6:14	-1.5	7:16	5:29	
30	Sun	1:17	5.4	12:17	6.7	6:14	2.2	6:59	-1.2	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	1:58	5.5	1:10	6.2	7:10	2.0	7:42	-0.7	7:14	5:31	