

Alcatraz Island, CA - Dec 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:00	6.4	10:07	4.7	2:23	1.3	3:35	-0.1	7:06	4:51	
2	Fri	9:36	6.6	11:06	4.8	3:09	1.8	4:19	-0.6	7:07	4:50	
3	Sat	10:12	6.6			3:54	2.2	5:01	-0.8	7:08	4:50	
4	Sun	12:00	4.9	10:47 AM	6.6	4:38	2.6	5:41	-1.0	7:09	4:50	
5	Mon	12:52	4.9	11:22 AM	6.4	5:22	2.9	6:20	-0.9	7:09	4:50	
6	Tue	1:41	4.9	11:59 AM	6.2	6:08	3.2	7:00	-0.8	7:10	4:50	
7	Wed	2:29	4.8	12:36	5.9	6:55	3.3	7:41	-0.6	7:11	4:50	
8	Thu	3:17	4.8	1:17	5.5	7:46	3.4	8:24	-0.3	7:12	4:50	
9	Fri	4:04	4.7	2:02	5.1	8:46	3.4	9:09	0.0	7:13	4:50	
10	Sat	4:51	4.7	2:54	4.7	9:57	3.3	9:58	0.4	7:14	4:50	
11	Sun	5:35	4.8	3:57	4.3	11:13	3.1	10:48	0.7	7:14	4:50	
12	Mon	6:15	4.9	5:12	4.0			12:20	2.7	7:15	4:51	
13	Tue	6:51	5.1	6:34	3.8			1:16	2.1	7:16	4:51	
14	Wed	7:24	5.4	7:53	3.8	12:29	1.4	2:02	1.5	7:17	4:51	
15	Thu	7:56	5.7	9:01	4.0	1:15	1.7	2:43	0.9	7:17	4:51	
16	Fri	8:28	6.0	10:01	4.3	1:59	2.1	3:20	0.3	7:18	4:52	
17	Sat	9:02	6.3	10:55	4.5	2:42	2.4	3:57	-0.3	7:19	4:52	
18	Sun	9:38	6.5	11:45	4.7	3:25	2.7	4:35	-0.8	7:19	4:52	
19	Mon	10:17	6.7			4:08	2.9	5:16	-1.1	7:20	4:53	
20	Tue	12:33	4.8	10:59 AM	6.8	4:53	3.0	5:59	-1.4	7:20	4:53	
21	Wed	1:21	4.9	11:44 AM	6.8	5:41	3.1	6:45	-1.4	7:21	4:54	
22	Thu	2:09	5.0	12:33	6.6	6:33	3.1	7:32	-1.3	7:21	4:54	
23	Fri	2:57	5.1	1:26	6.2	7:32	3.0	8:22	-1.0	7:22	4:55	
24	Sat	3:46	5.2	2:25	5.7	8:40	2.9	9:14	-0.6	7:22	4:55	
25	Sun	4:36	5.3	3:34	5.1	9:59	2.6	10:09	0.0	7:23	4:56	
26	Mon	5:26	5.5	4:54	4.5	11:21	2.1	11:06	0.6	7:23	4:56	
27	Tue	6:14	5.8	6:25	4.2			12:37	1.5	7:23	4:57	
28	Wed	7:00	6.1	7:55	4.1	12:04	1.2	1:42	0.8	7:24	4:58	
29	Thu	7:45	6.3	9:13	4.3	1:02	1.8	2:37	0.2	7:24	4:58	
30	Fri	8:27	6.5	10:17	4.5	1:58	2.2	3:26	-0.3	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	9:08	6.6	11:15	4.7	2:50	2.6	4:10	-0.7	7:25	5:00	