

Alcatraz Island, CA - Jan 1984

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:44	6.6			3:37	3.0	4:49	-0.8	7:25	5:01	
2	Mon	12:03	4.8	10:22 AM	6.5	4:24	3.1	5:28	-0.9	7:25	5:01	
3	Tue	12:47	4.9	11:00 AM	6.3	5:09	3.2	6:04	-0.8	7:25	5:02	
4	Wed	1:26	4.9	11:38 AM	6.1	5:52	3.2	6:40	-0.7	7:25	5:03	
5	Thu	2:03	4.8	12:16	5.9	6:34	3.2	7:16	-0.5	7:25	5:04	
6	Fri	2:38	4.8	12:54	5.6	7:17	3.2	7:51	-0.3	7:25	5:05	
7	Sat	3:12	4.7	1:34	5.2	8:04	3.1	8:27	0.1	7:25	5:06	
8	Sun	3:45	4.8	2:19	4.7	8:59	3.0	9:04	0.5	7:25	5:07	
9	Mon	4:19	4.9	3:14	4.2	10:04	2.7	9:44	1.0	7:25	5:07	
10	Tue	4:55	5.0	4:25	3.8	11:14	2.4	10:28	1.5	7:25	5:08	
11	Wed	5:33	5.2	5:59	3.5			12:20	1.9	7:25	5:09	
12	Thu	6:12	5.5	7:39	3.6			1:17	1.3	7:24	5:10	
13	Fri	6:54	5.7	9:01	3.9	12:15	2.5	2:06	0.7	7:24	5:11	
14	Sat	7:37	6.1	10:03	4.2	1:13	2.8	2:51	0.0	7:24	5:12	
15	Sun	8:22	6.4	10:53	4.5	2:09	3.1	3:35	-0.6	7:24	5:13	
16	Mon	9:08	6.6	11:38	4.8	3:02	3.2	4:18	-1.1	7:23	5:14	
17	Tue	9:56	6.9			3:52	3.1	5:02	-1.4	7:23	5:15	
18	Wed	12:20	5.0	10:45 AM	7.0	4:41	3.0	5:47	-1.6	7:22	5:17	
19	Thu	1:01	5.1	11:35 AM	7.0	5:32	2.8	6:31	-1.6	7:22	5:18	
20	Fri	1:41	5.2	12:27	6.7	6:25	2.6	7:15	-1.3	7:22	5:19	
21	Sat	2:22	5.4	1:21	6.2	7:23	2.3	8:00	-0.9	7:21	5:20	
22	Sun	3:03	5.5	2:19	5.6	8:26	2.0	8:45	-0.2	7:21	5:21	
23	Mon	3:47	5.7	3:27	4.8	9:36	1.7	9:33	0.6	7:20	5:22	
24	Tue	4:32	5.8	4:49	4.2	10:53	1.4	10:25	1.3	7:19	5:23	
25	Wed	5:21	6.0	6:27	3.9			12:10	0.9	7:19	5:24	
26	Thu	6:12	6.1	8:06	4.0			1:20	0.4	7:18	5:25	
27	Fri	7:04	6.2	9:23	4.3	12:34	2.6	2:20	0.0	7:17	5:26	
28	Sat	7:55	6.2	10:21	4.6	1:41	3.0	3:12	-0.3	7:17	5:27	
29	Sun	8:43	6.2	11:08	4.8	2:42	3.1	3:56	-0.5	7:16	5:29	
30	Mon	9:29	6.2	11:48	4.9	3:35	3.1	4:36	-0.6	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	10:10	6.2			4:20	3.0	5:12	-0.6	7:14	5:31	