

Alcatraz Island, CA - Jan 1985

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:09	5.6	9:02	3.8	12:32	2.3	2:21	0.9	7:25	5:01	
2	Wed	7:45	5.8	10:04	4.1	1:23	2.7	3:02	0.4	7:25	5:02	
3	Thu	8:22	6.0	10:53	4.3	2:12	3.0	3:40	-0.1	7:25	5:03	
4	Fri	9:00	6.2	11:36	4.5	2:58	3.2	4:16	-0.5	7:25	5:04	
5	Sat	9:40	6.4			3:42	3.3	4:53	-0.8	7:25	5:05	
6	Sun	12:15	4.7	10:22 AM	6.5	4:24	3.3	5:30	-1.1	7:25	5:05	
7	Mon	12:53	4.8	11:04 AM	6.6	5:06	3.3	6:09	-1.2	7:25	5:06	
8	Tue	1:31	4.9	11:48 AM	6.5	5:51	3.1	6:49	-1.2	7:25	5:07	
9	Wed	2:08	5.0	12:35	6.3	6:39	3.0	7:30	-1.1	7:25	5:08	
10	Thu	2:46	5.1	1:25	5.9	7:34	2.8	8:12	-0.7	7:25	5:09	
11	Fri	3:26	5.2	2:22	5.4	8:36	2.5	8:56	-0.2	7:24	5:10	
12	Sat	4:07	5.4	3:29	4.7	9:48	2.1	9:43	0.5	7:24	5:11	
13	Sun	4:50	5.7	4:54	4.1	11:05	1.6	10:34	1.3	7:24	5:12	
14	Mon	5:35	6.0	6:35	3.8			12:21	1.0	7:24	5:13	
15	Tue	6:24	6.2	8:14	4.0			1:29	0.3	7:23	5:14	
16	Wed	7:14	6.5	9:33	4.3	12:38	2.6	2:28	-0.3	7:23	5:15	
17	Thu	8:05	6.6	10:33	4.6	1:44	2.9	3:21	-0.7	7:23	5:16	
18	Fri	8:55	6.7	11:23	4.9	2:46	3.1	4:08	-1.0	7:22	5:17	
19	Sat	9:44	6.7			3:42	3.1	4:52	-1.1	7:22	5:18	
20	Sun	12:07	5.0	10:30 AM	6.6	4:33	3.1	5:33	-1.1	7:21	5:20	
21	Mon	12:46	5.1	11:14 AM	6.4	5:21	3.0	6:12	-0.9	7:21	5:21	
22	Tue	1:23	5.0	11:56 AM	6.1	6:06	2.8	6:48	-0.7	7:20	5:22	
23	Wed	1:57	5.0	12:37	5.8	6:51	2.7	7:23	-0.4	7:20	5:23	
24	Thu	2:29	5.0	1:18	5.3	7:37	2.6	7:56	0.0	7:19	5:24	
25	Fri	2:59	5.0	2:02	4.8	8:26	2.4	8:30	0.6	7:18	5:25	
26	Sat	3:29	5.0	2:52	4.3	9:21	2.3	9:04	1.1	7:18	5:26	
27	Sun	4:01	5.1	3:58	3.8	10:24	2.1	9:42	1.8	7:17	5:27	
28	Mon	4:36	5.2	5:30	3.4	11:32	1.7	10:28	2.4	7:16	5:28	
29	Tue	5:17	5.3	7:26	3.4			12:38	1.3	7:15	5:29	

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		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Wed	6:03	5.5	8:59	3.8			1:36	0.9	7:15	5:31	
31	Thu	6:52	5.6	9:55	4.1	12:40	3.2	2:26	0.4	7:14	5:32	