

Alcatraz Island, CA - Jan 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:52	4.9	2:26	5.0	8:54	2.9	9:10	0.0	7:25	5:01	
2	Thu	4:29	5.2	3:32	4.5	10:05	2.5	9:55	0.6	7:25	5:02	
3	Fri	5:09	5.4	4:58	4.0	11:20	1.9	10:45	1.3	7:25	5:03	
4	Sat	5:50	5.8	6:41	3.8			12:31	1.2	7:25	5:03	
5	Sun	6:34	6.2	8:19	3.9			1:34	0.4	7:25	5:04	
6	Mon	7:20	6.5	9:38	4.3	12:43	2.5	2:31	-0.4	7:25	5:05	
7	Tue	8:10	6.8	10:40	4.6	1:46	2.9	3:24	-1.0	7:25	5:06	
8	Wed	9:00	7.0	11:33	4.9	2:46	3.1	4:14	-1.4	7:25	5:07	
9	Thu	9:52	7.1			3:44	3.2	5:02	-1.6	7:25	5:08	
10	Fri	12:20	5.1	10:43 AM	7.0	4:40	3.1	5:48	-1.6	7:25	5:09	
11	Sat	1:03	5.1	11:33 AM	6.8	5:34	3.0	6:33	-1.4	7:25	5:10	
12	Sun	1:45	5.2	12:22	6.4	6:28	2.8	7:15	-1.1	7:24	5:11	
13	Mon	2:26	5.2	1:11	5.9	7:23	2.7	7:57	-0.6	7:24	5:12	
14	Tue	3:05	5.2	2:01	5.3	8:22	2.5	8:37	-0.1	7:24	5:13	
15	Wed	3:44	5.3	2:57	4.6	9:26	2.3	9:18	0.6	7:23	5:14	
16	Thu	4:22	5.3	4:04	4.0	10:35	2.1	10:01	1.3	7:23	5:15	
17	Fri	5:00	5.4	5:33	3.6	11:45	1.7	10:49	2.0	7:23	5:16	
18	Sat	5:39	5.5	7:21	3.5			12:51	1.3	7:22	5:17	
19	Sun	6:21	5.6	8:54	3.8			1:49	0.8	7:22	5:18	
20	Mon	7:04	5.7	9:58	4.1	12:50	3.1	2:38	0.4	7:21	5:19	
21	Tue	7:49	5.8	10:43	4.4	1:51	3.3	3:20	0.1	7:21	5:20	
22	Wed	8:33	6.0	11:21	4.5	2:44	3.4	3:59	-0.2	7:20	5:21	
23	Thu	9:16	6.1	11:53	4.6	3:29	3.4	4:34	-0.5	7:20	5:23	
24	Fri	9:57	6.2			4:09	3.3	5:08	-0.7	7:19	5:24	
25	Sat	12:24	4.7	10:38 AM	6.3	4:47	3.1	5:41	-0.8	7:18	5:25	
26	Sun	12:53	4.8	11:18 AM	6.3	5:24	2.9	6:13	-0.9	7:18	5:26	
27	Mon	1:23	4.9	11:59 AM	6.1	6:04	2.7	6:46	-0.8	7:17	5:27	
28	Tue	1:52	5.0	12:42	5.8	6:47	2.5	7:20	-0.5	7:16	5:28	
29	Wed	2:23	5.2	1:29	5.4	7:36	2.2	7:55	0.0	7:16	5:29	
30	Thu	2:55	5.4	2:24	4.8	8:32	1.9	8:33	0.6	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	3:31	5.6	3:34	4.2	9:36	1.5	9:15	1.3	7:14	5:31	