

Alcatraz Island, CA - Jan 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:20	5.1	11:46 AM	7.1	5:44	3.0	6:49	-1.7	7:25	5:01	
2	Fri	2:04	5.2	12:40	6.7	6:42	2.9	7:36	-1.4	7:25	5:02	
3	Sat	2:48	5.3	1:35	6.1	7:45	2.7	8:22	-0.9	7:25	5:02	
4	Sun	3:32	5.4	2:34	5.4	8:53	2.4	9:08	-0.2	7:25	5:03	
5	Mon	4:16	5.5	3:42	4.6	10:08	2.1	9:55	0.6	7:25	5:04	
6	Tue	5:00	5.7	5:04	4.0	11:25	1.7	10:46	1.3	7:25	5:05	
7	Wed	5:44	5.8	6:42	3.7			12:37	1.2	7:25	5:06	
8	Thu	6:28	5.9	8:19	3.8			1:40	0.7	7:25	5:07	
9	Fri	7:11	6.0	9:35	4.1	12:41	2.6	2:33	0.3	7:25	5:08	
10	Sat	7:53	6.0	10:32	4.4	1:40	3.0	3:19	-0.1	7:25	5:09	
11	Sun	8:34	6.1	11:17	4.6	2:36	3.3	3:59	-0.3	7:25	5:10	
12	Mon	9:14	6.1	11:56	4.7	3:25	3.4	4:35	-0.4	7:24	5:11	
13	Tue	9:53	6.1			4:08	3.4	5:10	-0.5	7:24	5:12	
14	Wed	12:29	4.7	10:31 AM	6.1	4:47	3.3	5:42	-0.6	7:24	5:13	
15	Thu	1:00	4.7	11:08 AM	6.1	5:23	3.2	6:12	-0.6	7:24	5:14	
16	Fri	1:28	4.7	11:45 AM	6.0	5:59	3.1	6:42	-0.5	7:23	5:15	
17	Sat	1:56	4.8	12:22	5.7	6:36	2.9	7:12	-0.4	7:23	5:16	
18	Sun	2:24	4.8	1:00	5.4	7:17	2.8	7:43	-0.1	7:22	5:17	
19	Mon	2:52	5.0	1:44	5.0	8:05	2.5	8:15	0.3	7:22	5:18	
20	Tue	3:22	5.1	2:36	4.5	9:00	2.3	8:50	0.8	7:21	5:19	
21	Wed	3:55	5.3	3:45	4.0	10:03	1.9	9:30	1.5	7:21	5:20	
22	Thu	4:32	5.6	5:22	3.6	11:14	1.4	10:18	2.2	7:20	5:21	
23	Fri	5:16	5.8	7:18	3.6			12:24	0.8	7:20	5:22	
24	Sat	6:06	6.1	8:54	3.9			1:30	0.1	7:19	5:23	
25	Sun	7:03	6.4	9:59	4.3	12:34	3.2	2:29	-0.5	7:19	5:24	
26	Mon	8:01	6.7	10:48	4.7	1:47	3.4	3:23	-1.1	7:18	5:26	
27	Tue	8:59	6.9	11:31	4.9	2:51	3.3	4:13	-1.4	7:17	5:27	
28	Wed	9:55	7.1			3:49	3.0	5:00	-1.6	7:16	5:28	
29	Thu	12:10	5.1	10:49 AM	7.0	4:44	2.7	5:45	-1.6	7:16	5:29	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Fri	12:49	5.3	11:41 AM	6.8	5:38	2.4	6:28	-1.3	7:15	5:30	●
31	Sat	1:26	5.4	12:33	6.3	6:32	2.0	7:08	-0.9	7:14	5:31	●