

Alcatraz Island, CA - Jan 1988

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:03	6.4	11:38	4.7	2:59	3.2	4:22	-0.7	7:25	5:01	
2	Sat	9:44	6.4			3:49	3.3	5:00	-0.8	7:25	5:01	
3	Sun	12:20	4.8	10:23 AM	6.3	4:35	3.3	5:36	-0.7	7:25	5:02	
4	Mon	12:58	4.8	11:01 AM	6.2	5:17	3.3	6:10	-0.7	7:25	5:03	
5	Tue	1:32	4.8	11:39 AM	6.0	5:57	3.2	6:43	-0.6	7:25	5:04	
6	Wed	2:03	4.7	12:16	5.8	6:36	3.1	7:15	-0.4	7:25	5:05	
7	Thu	2:33	4.7	12:53	5.4	7:18	3.0	7:46	-0.1	7:25	5:06	
8	Fri	3:02	4.8	1:34	5.0	8:05	2.9	8:17	0.2	7:25	5:07	
9	Sat	3:31	4.9	2:19	4.5	8:58	2.7	8:50	0.7	7:25	5:08	
10	Sun	4:02	5.0	3:17	4.0	10:00	2.4	9:25	1.3	7:25	5:08	
11	Mon	4:35	5.2	4:35	3.6	11:07	2.0	10:06	1.9	7:25	5:09	
12	Tue	5:13	5.4	6:22	3.4			12:13	1.5	7:24	5:10	
13	Wed	5:54	5.7	8:12	3.6			1:13	0.9	7:24	5:11	
14	Thu	6:41	6.0	9:30	4.0	12:00	3.0	2:06	0.2	7:24	5:12	
15	Fri	7:31	6.3	10:25	4.3	1:08	3.3	2:56	-0.4	7:24	5:13	
16	Sat	8:23	6.6	11:10	4.6	2:11	3.4	3:43	-1.0	7:23	5:14	
17	Sun	9:16	6.9	11:50	4.8	3:08	3.4	4:30	-1.4	7:23	5:16	
18	Mon	10:08	7.1			4:02	3.2	5:15	-1.7	7:22	5:17	
19	Tue	12:29	5.0	11:00 AM	7.1	4:55	2.9	5:59	-1.7	7:22	5:18	
20	Wed	1:07	5.2	11:53 AM	6.9	5:48	2.5	6:42	-1.5	7:22	5:19	
21	Thu	1:44	5.4	12:46	6.4	6:44	2.2	7:24	-1.0	7:21	5:20	
22	Fri	2:22	5.6	1:42	5.8	7:44	1.9	8:06	-0.4	7:21	5:21	
23	Sat	3:02	5.8	2:45	5.0	8:49	1.6	8:49	0.4	7:20	5:22	
24	Sun	3:43	5.9	3:58	4.3	10:00	1.3	9:35	1.3	7:19	5:23	
25	Mon	4:27	6.0	5:31	3.8	11:17	1.0	10:28	2.1	7:19	5:24	
26	Tue	5:15	6.1	7:19	3.8			12:32	0.6	7:18	5:25	
27	Wed	6:08	6.1	8:50	4.1			1:40	0.2	7:17	5:26	
28	Thu	7:03	6.1	9:54	4.4	12:48	3.2	2:38	-0.1	7:17	5:28	
29	Fri	7:57	6.1	10:42	4.7	1:59	3.3	3:27	-0.3	7:16	5:29	
30	Sat	8:47	6.1	11:21	4.8	2:57	3.3	4:09	-0.4	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	9:32	6.1	11:55	4.8	3:46	3.2	4:45	-0.5	7:14	5:31	