

Alcatraz Island, CA - Dec 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:33	4.5	12:29	5.9	6:36	3.5	7:37	-0.6	7:06	4:51	
2	Sat	3:16	4.6	1:13	5.6	7:25	3.5	8:20	-0.5	7:07	4:50	
3	Sun	3:59	4.6	2:03	5.3	8:25	3.4	9:07	-0.3	7:08	4:50	
4	Mon	4:42	4.8	3:04	4.9	9:40	3.2	9:56	0.0	7:09	4:50	
5	Tue	5:23	5.0	4:20	4.4	11:00	2.7	10:48	0.5	7:10	4:50	
6	Wed	6:02	5.4	5:49	4.1			12:14	2.0	7:11	4:50	
7	Thu	6:42	5.8	7:21	4.1			1:16	1.1	7:12	4:50	
8	Fri	7:21	6.2	8:45	4.2	12:36	1.6	2:11	0.2	7:12	4:50	
9	Sat	8:02	6.6	9:56	4.5	1:30	2.1	3:02	-0.6	7:13	4:50	
10	Sun	8:45	6.9	10:58	4.7	2:24	2.5	3:50	-1.2	7:14	4:50	
11	Mon	9:30	7.1	11:54	4.9	3:17	2.8	4:38	-1.5	7:15	4:50	
12	Tue	10:17	7.2			4:10	3.0	5:26	-1.7	7:16	4:51	
13	Wed	12:45	5.0	11:06 AM	7.1	5:03	3.1	6:13	-1.6	7:16	4:51	
14	Thu	1:34	5.1	11:55 AM	6.8	5:58	3.1	7:00	-1.4	7:17	4:51	
15	Fri	2:22	5.1	12:44	6.4	6:55	3.1	7:47	-1.0	7:18	4:51	
16	Sat	3:08	5.1	1:35	5.8	7:56	3.0	8:32	-0.6	7:18	4:52	
17	Sun	3:54	5.1	2:29	5.2	9:03	2.9	9:18	0.0	7:19	4:52	
18	Mon	4:38	5.1	3:29	4.5	10:16	2.6	10:04	0.6	7:20	4:52	
19	Tue	5:21	5.2	4:44	3.9	11:30	2.2	10:52	1.2	7:20	4:53	
20	Wed	6:00	5.3	6:15	3.6			12:37	1.8	7:21	4:53	
21	Thu	6:38	5.5	7:52	3.6			1:35	1.2	7:21	4:54	
22	Fri	7:13	5.6	9:13	3.8	12:35	2.4	2:24	0.7	7:22	4:54	
23	Sat	7:49	5.8	10:14	4.1	1:28	2.8	3:06	0.3	7:22	4:55	
24	Sun	8:25	6.0	11:02	4.3	2:18	3.1	3:44	-0.1	7:23	4:55	
25	Mon	9:02	6.1	11:43	4.5	3:04	3.3	4:20	-0.4	7:23	4:56	
26	Tue	9:40	6.2			3:46	3.4	4:55	-0.6	7:23	4:57	
27	Wed	12:19	4.6	10:19 AM	6.3	4:26	3.4	5:29	-0.8	7:24	4:57	
28	Thu	12:53	4.7	10:58 AM	6.3	5:04	3.4	6:04	-0.9	7:24	4:58	
29	Fri	1:27	4.7	11:38 AM	6.2	5:43	3.3	6:39	-0.9	7:24	4:59	
30	Sat	2:01	4.8	12:19	6.0	6:26	3.1	7:16	-0.9	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	2:34	4.9	1:04	5.7	7:15	3.0	7:50	-0.6	7:25	5:00	