

Alcatraz Island, CA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:03	5.1	1:54	5.3	8:08	2.6	8:29	-0.1	7:25	5:01	
2	Tue	3:39	5.3	2:54	4.7	9:13	2.3	9:11	0.5	7:25	5:02	
3	Wed	4:18	5.6	4:11	4.1	10:25	1.8	9:58	1.2	7:25	5:03	
4	Thu	5:00	5.9	5:49	3.8	11:41	1.2	10:52	1.9	7:25	5:03	
5	Fri	5:46	6.1	7:34	3.8			12:52	0.6	7:25	5:04	
6	Sat	6:37	6.4	9:01	4.1			1:55	-0.1	7:25	5:05	
7	Sun	7:31	6.7	10:07	4.5	1:03	2.9	2:52	-0.7	7:25	5:06	
8	Mon	8:25	6.9	10:59	4.8	2:10	3.1	3:43	-1.1	7:25	5:07	
9	Tue	9:18	7.0	11:45	5.0	3:11	3.1	4:31	-1.3	7:25	5:08	
10	Wed	10:10	6.9			4:07	3.0	5:16	-1.4	7:25	5:09	
11	Thu	12:27	5.1	10:59 AM	6.8	5:01	2.8	5:58	-1.3	7:24	5:10	
12	Fri	1:07	5.2	11:47 AM	6.5	5:52	2.6	6:38	-1.0	7:24	5:11	
13	Sat	1:44	5.3	12:33	6.0	6:43	2.5	7:16	-0.6	7:24	5:12	
14	Sun	2:20	5.3	1:19	5.5	7:35	2.3	7:52	-0.1	7:24	5:13	
15	Mon	2:55	5.3	2:08	4.9	8:30	2.2	8:27	0.5	7:23	5:14	
16	Tue	3:29	5.4	3:03	4.3	9:29	2.0	9:04	1.2	7:23	5:15	
17	Wed	4:03	5.4	4:13	3.7	10:34	1.8	9:44	1.9	7:23	5:16	
18	Thu	4:40	5.4	5:50	3.4	11:42	1.5	10:32	2.5	7:22	5:17	
19	Fri	5:22	5.5	7:48	3.5			12:47	1.1	7:22	5:18	
20	Sat	6:08	5.6	9:13	3.8			1:45	0.7	7:21	5:19	
21	Sun	6:58	5.7	10:05	4.1	12:48	3.3	2:35	0.4	7:21	5:20	
22	Mon	7:48	5.8	10:43	4.3	1:52	3.4	3:18	0.0	7:20	5:21	
23	Tue	8:36	6.0	11:15	4.5	2:44	3.4	3:56	-0.3	7:20	5:23	
24	Wed	9:21	6.2	11:45	4.6	3:28	3.3	4:32	-0.6	7:19	5:24	
25	Thu	10:04	6.3			4:08	3.1	5:05	-0.8	7:18	5:25	
26	Fri	12:13	4.8	10:46 AM	6.3	4:47	2.8	5:38	-0.9	7:18	5:26	
27	Sat	12:42	4.9	11:28 AM	6.3	5:28	2.5	6:11	-0.9	7:17	5:27	
28	Sun	1:11	5.1	12:13	6.0	6:11	2.2	6:45	-0.6	7:16	5:28	
29	Mon	1:41	5.3	1:01	5.6	6:59	1.9	7:20	-0.2	7:16	5:29	
30	Tue	2:12	5.6	1:54	5.1	7:51	1.6	7:57	0.4	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	2:47	5.8	2:58	4.5	8:51	1.2	8:36	1.2	7:14	5:31	