

Alcatraz Island, CA - Dec 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:45	7.1			3:32	2.7	4:48	-1.6	7:06	4:51	
2	Sun	12:03	4.9	10:31 AM	7.2	4:23	2.9	5:37	-1.8	7:07	4:50	
3	Mon	12:56	5.0	11:21 AM	7.2	5:15	3.0	6:26	-1.8	7:08	4:50	
4	Tue	1:47	5.1	12:13	6.9	6:11	3.0	7:17	-1.6	7:09	4:50	
5	Wed	2:39	5.1	1:07	6.5	7:12	3.0	8:08	-1.2	7:10	4:50	
6	Thu	3:30	5.1	2:05	5.9	8:21	2.9	9:00	-0.7	7:11	4:50	
7	Fri	4:20	5.2	3:10	5.2	9:38	2.7	9:53	-0.1	7:11	4:50	
8	Sat	5:10	5.4	4:23	4.5	10:59	2.3	10:47	0.6	7:12	4:50	
9	Sun	5:57	5.6	5:49	4.1			12:15	1.8	7:13	4:50	
10	Mon	6:42	5.7	7:20	3.9			1:21	1.2	7:14	4:50	
11	Tue	7:22	5.9	8:43	4.0	12:36	1.8	2:16	0.6	7:15	4:50	
12	Wed	7:59	6.0	9:51	4.2	1:28	2.3	3:02	0.2	7:15	4:51	
13	Thu	8:34	6.1	10:46	4.4	2:18	2.7	3:42	-0.1	7:16	4:51	
14	Fri	9:08	6.1	11:33	4.6	3:04	3.0	4:19	-0.4	7:17	4:51	
15	Sat	9:42	6.1			3:47	3.2	4:54	-0.5	7:18	4:51	
16	Sun	12:14	4.6	10:17 AM	6.1	4:27	3.3	5:27	-0.6	7:18	4:52	
17	Mon	12:51	4.7	10:52 AM	6.1	5:05	3.4	6:00	-0.6	7:19	4:52	
18	Tue	1:25	4.7	11:28 AM	6.0	5:42	3.4	6:33	-0.6	7:19	4:52	
19	Wed	1:58	4.7	12:05	5.8	6:20	3.3	7:06	-0.6	7:20	4:53	
20	Thu	2:31	4.7	12:44	5.6	7:01	3.2	7:41	-0.4	7:21	4:53	
21	Fri	3:04	4.8	1:25	5.3	7:48	3.1	8:17	-0.2	7:21	4:54	
22	Sat	3:38	4.9	2:13	4.8	8:44	3.0	8:55	0.2	7:22	4:54	
23	Sun	4:13	5.1	3:12	4.4	9:50	2.6	9:37	0.7	7:22	4:55	
24	Mon	4:50	5.3	4:30	3.9	11:01	2.2	10:24	1.2	7:22	4:55	
25	Tue	5:29	5.6	6:07	3.7			12:10	1.5	7:23	4:56	
26	Wed	6:11	6.0	7:46	3.8			1:12	0.7	7:23	4:56	
27	Thu	6:56	6.3	9:09	4.1	12:16	2.4	2:07	0.0	7:24	4:57	
28	Fri	7:44	6.7	10:14	4.4	1:18	2.8	3:00	-0.7	7:24	4:58	
29	Sat	8:35	7.0	11:08	4.7	2:18	3.0	3:50	-1.3	7:24	4:59	
30	Sun	9:27	7.2	11:56	4.9	3:16	3.1	4:39	-1.6	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	10:20	7.3			4:12	3.0	5:26	-1.7	7:25	5:00	