

Alcatraz Island, CA - Jan 1991

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:38	5.2	11:14 AM	7.1	5:11	2.7	6:12	-1.7	7:25	5:01	
2	Wed	1:21	5.3	12:06	6.8	6:07	2.5	6:56	-1.4	7:25	5:02	
3	Thu	2:04	5.4	12:59	6.3	7:05	2.4	7:40	-0.9	7:25	5:02	
4	Fri	2:45	5.5	1:54	5.6	8:06	2.2	8:23	-0.3	7:25	5:03	
5	Sat	3:27	5.6	2:53	4.9	9:13	2.0	9:07	0.4	7:25	5:04	
6	Sun	4:10	5.7	4:03	4.2	10:24	1.7	9:53	1.2	7:25	5:05	
7	Mon	4:54	5.8	5:31	3.7	11:36	1.4	10:45	1.9	7:25	5:06	
8	Tue	5:39	5.8	7:13	3.6			12:45	1.0	7:25	5:07	
9	Wed	6:25	5.8	8:44	3.8			1:45	0.6	7:25	5:08	
10	Thu	7:12	5.9	9:49	4.1	12:51	2.9	2:37	0.3	7:25	5:09	
11	Fri	7:57	5.9	10:37	4.4	1:52	3.2	3:21	0.0	7:25	5:10	
12	Sat	8:40	6.0	11:16	4.5	2:46	3.3	4:00	-0.2	7:24	5:11	
13	Sun	9:21	6.1	11:49	4.6	3:31	3.2	4:35	-0.4	7:24	5:12	
14	Mon	10:01	6.1			4:12	3.1	5:07	-0.5	7:24	5:13	
15	Tue	12:19	4.7	10:39 AM	6.1	4:49	3.0	5:38	-0.6	7:23	5:14	
16	Wed	12:46	4.8	11:16 AM	6.0	5:24	2.9	6:07	-0.6	7:23	5:15	
17	Thu	1:13	4.8	11:54 AM	5.9	6:01	2.7	6:37	-0.5	7:23	5:16	
18	Fri	1:40	5.0	12:32	5.6	6:40	2.5	7:07	-0.2	7:22	5:17	
19	Sat	2:08	5.1	1:15	5.2	7:23	2.3	7:38	0.1	7:22	5:18	
20	Sun	2:38	5.3	2:03	4.7	8:13	2.1	8:13	0.6	7:21	5:19	
21	Mon	3:10	5.5	3:04	4.2	9:10	1.8	8:51	1.3	7:21	5:20	
22	Tue	3:47	5.7	4:26	3.8	10:17	1.4	9:36	1.9	7:20	5:21	
23	Wed	4:31	5.9	6:12	3.6	11:30	0.9	10:34	2.5	7:20	5:22	
24	Thu	5:23	6.1	7:57	3.8			12:43	0.4	7:19	5:23	
25	Fri	6:22	6.3	9:12	4.2			1:49	-0.2	7:19	5:24	
26	Sat	7:24	6.6	10:06	4.5	1:04	3.2	2:47	-0.7	7:18	5:26	
27	Sun	8:25	6.8	10:51	4.8	2:14	3.1	3:38	-1.1	7:17	5:27	
28	Mon	9:22	6.9	11:32	5.1	3:16	2.8	4:26	-1.3	7:16	5:28	
29	Tue	10:16	6.9			4:12	2.5	5:10	-1.4	7:16	5:29	
30	Wed	12:10	5.3	11:08 AM	6.7	5:05	2.2	5:51	-1.2	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	12:47	5.5	11:59 AM	6.4	5:57	1.8	6:30	-0.8	7:14	5:31	