

Alcatraz Island, CA - Jan 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:26	5.4	6:26	3.4			12:30	1.6	7:25	5:01	
2	Sat	6:08	5.6	8:02	3.6			1:24	1.1	7:25	5:02	
3	Sun	6:56	5.8	9:14	3.9	12:18	2.7	2:12	0.5	7:25	5:03	
4	Mon	7:38	6.1	10:08	4.2	1:18	2.9	3:00	0.0	7:25	5:04	
5	Tue	8:26	6.3	10:50	4.5	2:18	3.0	3:36	-0.5	7:25	5:05	
6	Wed	9:14	6.6	11:32	4.7	3:06	3.0	4:18	-0.9	7:25	5:05	
7	Thu	10:02	6.8			3:54	2.9	5:00	-1.2	7:25	5:06	
8	Fri	12:08	5.0	10:44 AM	6.8	4:42	2.7	5:36	-1.3	7:25	5:07	
9	Sat	12:44	5.2	11:38 AM	6.7	5:30	2.4	6:18	-1.3	7:25	5:08	
10	Sun	1:26	5.4	12:26	6.4	6:24	2.2	7:00	-1.0	7:25	5:09	
11	Mon	2:02	5.6	1:20	6.0	7:18	1.9	7:42	-0.5	7:24	5:10	
12	Tue	2:44	5.8	2:20	5.3	8:18	1.7	8:30	0.1	7:24	5:11	
13	Wed	3:26	5.9	3:26	4.7	9:30	1.4	9:18	0.8	7:24	5:12	
14	Thu	4:14	6.1	4:50	4.1	10:42	1.1	10:12	1.5	7:24	5:13	
15	Fri	5:08	6.2	6:26	3.9			12:00	0.7	7:23	5:14	
16	Sat	6:02	6.3	8:02	4.0			1:12	0.3	7:23	5:15	
17	Sun	6:56	6.3	9:14	4.3	12:24	2.6	2:12	-0.1	7:23	5:16	
18	Mon	7:50	6.4	10:08	4.6	1:36	2.8	3:06	-0.4	7:22	5:17	
19	Tue	8:44	6.4	10:56	4.8	2:36	2.9	3:54	-0.5	7:22	5:18	
20	Wed	9:32	6.3	11:38	4.9	3:30	2.8	4:30	-0.6	7:21	5:20	
21	Thu	10:14	6.2			4:18	2.7	5:06	-0.6	7:21	5:21	
22	Fri	12:08	5.0	10:56 AM	6.1	5:00	2.6	5:42	-0.5	7:20	5:22	
23	Sat	12:44	5.0	11:32 AM	5.9	5:42	2.5	6:12	-0.3	7:19	5:23	
24	Sun	1:08	5.1	12:08	5.6	6:18	2.3	6:42	-0.1	7:19	5:24	
25	Mon	1:38	5.1	12:50	5.2	7:00	2.2	7:12	0.3	7:18	5:25	
26	Tue	2:02	5.2	1:26	4.9	7:42	2.1	7:42	0.7	7:18	5:26	
27	Wed	2:32	5.2	2:14	4.4	8:24	1.9	8:12	1.2	7:17	5:27	
28	Thu	3:02	5.3	3:08	4.0	9:18	1.8	8:48	1.7	7:16	5:28	
29	Fri	3:38	5.4	4:20	3.6	10:18	1.6	9:24	2.2	7:15	5:29	
30	Sat	4:20	5.5	5:56	3.4	11:24	1.4	10:18	2.7	7:15	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	5:08	5.6	7:38	3.6			12:30	1.0	7:14	5:32	