

Alcatraz Island, CA - Jan 1995

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:50	7.0			4:40	2.4	5:38	-1.5	7:25	5:01	
2	Mon	12:42	5.4	11:40 AM	6.8	5:34	2.3	6:23	-1.3	7:25	5:02	
3	Tue	1:27	5.5	12:30	6.4	6:29	2.3	7:07	-1.0	7:25	5:02	
4	Wed	2:10	5.6	1:20	5.9	7:26	2.2	7:51	-0.5	7:25	5:03	
5	Thu	2:54	5.6	2:14	5.3	8:26	2.1	8:35	0.0	7:25	5:04	
6	Fri	3:38	5.6	3:13	4.7	9:32	2.0	9:21	0.7	7:25	5:05	
7	Sat	4:22	5.6	4:22	4.1	10:42	1.8	10:11	1.3	7:25	5:06	
8	Sun	5:09	5.6	5:47	3.8	11:54	1.6	11:07	1.9	7:25	5:07	
9	Mon	5:56	5.6	7:20	3.7			12:59	1.2	7:25	5:08	
10	Tue	6:42	5.7	8:39	3.9	12:09	2.3	1:56	0.8	7:25	5:09	
11	Wed	7:28	5.8	9:39	4.1	1:09	2.6	2:44	0.5	7:25	5:10	
12	Thu	8:11	5.9	10:25	4.4	2:05	2.8	3:25	0.2	7:24	5:11	
13	Fri	8:52	6.0	11:03	4.5	2:53	2.9	4:01	-0.1	7:24	5:12	
14	Sat	9:32	6.1	11:37	4.7	3:36	2.8	4:34	-0.3	7:24	5:13	
15	Sun	10:10	6.1			4:15	2.8	5:06	-0.4	7:23	5:14	
16	Mon	12:09	4.8	10:48 AM	6.1	4:53	2.7	5:36	-0.5	7:23	5:15	
17	Tue	12:39	4.9	11:27 AM	6.0	5:30	2.6	6:07	-0.5	7:23	5:16	
18	Wed	1:10	5.0	12:06	5.9	6:09	2.4	6:39	-0.4	7:22	5:17	
19	Thu	1:42	5.2	12:48	5.6	6:51	2.2	7:13	-0.2	7:22	5:18	
20	Fri	2:15	5.3	1:33	5.2	7:38	2.1	7:50	0.2	7:21	5:19	
21	Sat	2:51	5.5	2:27	4.8	8:31	1.8	8:30	0.7	7:21	5:20	
22	Sun	3:31	5.6	3:32	4.3	9:33	1.6	9:16	1.2	7:20	5:21	
23	Mon	4:16	5.8	4:57	3.9	10:44	1.3	10:11	1.8	7:20	5:22	
24	Tue	5:07	6.0	6:34	3.8	11:58	0.8	11:18	2.3	7:19	5:23	
25	Wed	6:04	6.2	8:04	4.0			1:08	0.3	7:19	5:24	
26	Thu	7:04	6.4	9:12	4.4	12:31	2.6	2:09	-0.2	7:18	5:26	
27	Fri	8:02	6.6	10:07	4.8	1:42	2.6	3:04	-0.7	7:17	5:27	
28	Sat	8:58	6.7	10:53	5.1	2:45	2.5	3:53	-1.0	7:16	5:28	
29	Sun	9:52	6.8	11:36	5.3	3:42	2.3	4:38	-1.1	7:16	5:29	
30	Mon	10:42	6.7			4:35	2.1	5:21	-1.0	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	12:16	5.5	11:31 AM	6.5	5:25	1.9	6:01	-0.8	7:14	5:31	