




Alcatraz Island, CA - Dec 1995

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 7:25 | 6.0 | 8:11 | 4.3 | 12:34 | 1.2 | 2:02 | 0.8 | 7:06 | 4:51 | ☾ |
| 2 | Sat | 8:08 | 6.1 | 9:18 | 4.4 | 1:29 | 1.6 | 2:52 | 0.3 | 7:07 | 4:50 | ☾ |
| 3 | Sun | 8:47 | 6.2 | 10:16 | 4.6 | 2:20 | 1.9 | 3:36 | 0.0 | 7:08 | 4:50 | ☾ |
| 4 | Mon | 9:23 | 6.3 | 11:06 | 4.7 | 3:06 | 2.2 | 4:15 | -0.3 | 7:09 | 4:50 | ☾ |
| 5 | Tue | 9:58 | 6.2 | 11:51 | 4.8 | 3:50 | 2.5 | 4:51 | -0.4 | 7:09 | 4:50 | ☾ |
| 6 | Wed | 10:31 | 6.2 | | | 4:31 | 2.7 | 5:25 | -0.5 | 7:10 | 4:50 | ☾ |
| 7 | Thu | 12:33 | 4.8 | 11:04 AM | 6.1 | 5:10 | 2.8 | 5:58 | -0.5 | 7:11 | 4:50 | ☾ |
| 8 | Fri | 1:11 | 4.8 | 11:38 AM | 5.9 | 5:49 | 2.9 | 6:31 | -0.4 | 7:12 | 4:50 | ☾ |
| 9 | Sat | 1:48 | 4.8 | 12:13 | 5.7 | 6:29 | 3.0 | 7:04 | -0.3 | 7:13 | 4:50 | ☾ |
| 10 | Sun | 2:25 | 4.8 | 12:50 | 5.5 | 7:10 | 3.0 | 7:39 | -0.2 | 7:14 | 4:50 | ☾ |
| 11 | Mon | 3:01 | 4.8 | 1:30 | 5.2 | 7:57 | 3.0 | 8:16 | 0.1 | 7:14 | 4:50 | ☾ |
| 12 | Tue | 3:40 | 4.8 | 2:16 | 4.8 | 8:52 | 2.9 | 8:56 | 0.4 | 7:15 | 4:51 | ☾ |
| 13 | Wed | 4:20 | 4.9 | 3:11 | 4.4 | 9:57 | 2.8 | 9:41 | 0.7 | 7:16 | 4:51 | ☾ |
| 14 | Thu | 5:02 | 5.1 | 4:21 | 4.0 | 11:07 | 2.4 | 10:30 | 1.1 | 7:17 | 4:51 | ☾ |
| 15 | Fri | 5:45 | 5.3 | 5:45 | 3.8 | | | 12:12 | 1.9 | 7:17 | 4:51 | ☾ |
| 16 | Sat | 6:28 | 5.6 | 7:12 | 3.8 | | | 1:09 | 1.3 | 7:18 | 4:52 | ☾ |
| 17 | Sun | 7:11 | 5.9 | 8:29 | 4.1 | 12:23 | 1.8 | 2:00 | 0.6 | 7:19 | 4:52 | ☾ |
| 18 | Mon | 7:55 | 6.3 | 9:34 | 4.4 | 1:19 | 2.1 | 2:47 | -0.1 | 7:19 | 4:52 | ☾ |
| 19 | Tue | 8:39 | 6.6 | 10:31 | 4.7 | 2:13 | 2.3 | 3:33 | -0.7 | 7:20 | 4:53 | ☾ |
| 20 | Wed | 9:25 | 6.9 | 11:22 | 4.9 | 3:06 | 2.4 | 4:19 | -1.2 | 7:20 | 4:53 | ☾ |
| 21 | Thu | 10:13 | 7.1 | | | 3:58 | 2.5 | 5:05 | -1.5 | 7:21 | 4:54 | ☾ |
| 22 | Fri | 12:11 | 5.1 | 11:03 AM | 7.1 | 4:51 | 2.5 | 5:51 | -1.6 | 7:21 | 4:54 | ☾ |
| 23 | Sat | 12:58 | 5.3 | 11:53 AM | 6.9 | 5:45 | 2.4 | 6:38 | -1.5 | 7:22 | 4:55 | ☾ |
| 24 | Sun | 1:45 | 5.4 | 12:46 | 6.6 | 6:42 | 2.3 | 7:26 | -1.2 | 7:22 | 4:55 | ☾ |
| 25 | Mon | 2:32 | 5.5 | 1:42 | 6.0 | 7:44 | 2.2 | 8:14 | -0.7 | 7:23 | 4:56 | ☾ |
| 26 | Tue | 3:20 | 5.6 | 2:42 | 5.4 | 8:52 | 2.1 | 9:04 | -0.1 | 7:23 | 4:56 | ☾ |
| 27 | Wed | 4:09 | 5.7 | 3:51 | 4.7 | 10:07 | 1.9 | 9:57 | 0.6 | 7:23 | 4:57 | ☾ |
| 28 | Thu | 5:00 | 5.8 | 5:11 | 4.2 | 11:25 | 1.6 | 10:54 | 1.2 | 7:24 | 4:58 | ☾ |
| 29 | Fri | 5:51 | 5.9 | 6:41 | 4.0 | | | 12:37 | 1.2 | 7:24 | 4:58 | ☾ |
| 30 | Sat | 6:42 | 6.0 | 8:07 | 4.0 | | | 1:41 | 0.7 | 7:24 | 4:59 | ☾ |

| Date | | High | | | | Low | | | |  | |  |
|-----------|-----|-------------|-----|-------------|-----|--------------|-----|-------------|-----|--|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Sun | 7:29 | 6.1 | 9:12 | 4.2 | 12:57 | 2.2 | 2:34 | 0.3 | 7:24 | 5:00 |  |