

































Alcatraz Island, CA - Jan 1998

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:07	5.2	12:58	6.1	6:57	2.6	7:39	-0.9	7:25	5:01	
2	Fri	2:51	5.3	1:50	5.7	7:54	2.5	8:25	-0.5	7:25	5:02	
3	Sat	3:36	5.4	2:50	5.2	9:00	2.3	9:15	0.0	7:25	5:03	
4	Sun	4:24	5.6	4:02	4.7	10:15	2.0	10:09	0.5	7:25	5:03	
5	Mon	5:14	5.8	5:27	4.3	11:33	1.6	11:08	1.1	7:25	5:04	
6	Tue	6:06	6.0	6:58	4.1			12:47	1.0	7:25	5:05	
7	Wed	6:58	6.3	8:22	4.2	12:11	1.6	1:51	0.4	7:25	5:06	
8	Thu	7:48	6.5	9:32	4.5	1:14	2.0	2:46	-0.1	7:25	5:07	
9	Fri	8:37	6.6	10:29	4.8	2:14	2.3	3:35	-0.5	7:25	5:08	
10	Sat	9:23	6.7	11:19	5.0	3:09	2.5	4:20	-0.8	7:25	5:09	
11	Sun	10:07	6.6			4:01	2.5	5:01	-0.9	7:24	5:10	
12	Mon	12:04	5.1	10:50 AM	6.5	4:49	2.6	5:40	-0.8	7:24	5:11	
13	Tue	12:46	5.2	11:31 AM	6.3	5:35	2.6	6:17	-0.7	7:24	5:12	
14	Wed	1:25	5.2	12:11	6.0	6:20	2.6	6:53	-0.5	7:24	5:13	
15	Thu	2:01	5.1	12:50	5.6	7:05	2.5	7:29	-0.2	7:23	5:14	
16	Fri	2:36	5.1	1:31	5.2	7:51	2.5	8:04	0.2	7:23	5:15	
17	Sat	3:11	5.1	2:15	4.7	8:42	2.4	8:41	0.6	7:23	5:16	
18	Sun	3:47	5.1	3:06	4.3	9:40	2.3	9:21	1.1	7:22	5:17	
19	Mon	4:25	5.1	4:12	3.8	10:45	2.2	10:07	1.6	7:22	5:18	
20	Tue	5:08	5.2	5:37	3.6	11:53	1.9	11:01	2.1	7:21	5:19	
21	Wed	5:53	5.4	7:13	3.6			12:55	1.4	7:21	5:20	
22	Thu	6:40	5.5	8:33	3.8	12:02	2.5	1:49	1.0	7:20	5:21	
23	Fri	7:27	5.8	9:32	4.1	1:04	2.7	2:34	0.5	7:20	5:23	
24	Sat	8:13	6.0	10:18	4.4	2:00	2.8	3:16	0.0	7:19	5:24	
25	Sun	8:58	6.2	10:59	4.7	2:50	2.8	3:55	-0.5	7:18	5:25	
26	Mon	9:43	6.5	11:38	4.9	3:36	2.7	4:34	-0.8	7:18	5:26	
27	Tue	10:29	6.6			4:21	2.5	5:14	-1.0	7:17	5:27	
28	Wed	12:16	5.1	11:15 AM	6.6	5:06	2.3	5:54	-1.1	7:16	5:28	
29	Thu	12:53	5.3	12:03	6.5	5:54	2.1	6:35	-1.0	7:15	5:29	
30	Fri	1:32	5.5	12:53	6.2	6:45	1.9	7:17	-0.7	7:15	5:30	
31	Sat	2:12	5.6	1:47	5.7	7:40	1.6	8:01	-0.2	7:14	5:31	