



Alcatraz Island, CA - Jan 1999

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:20	7.0			4:09	2.5	5:13	-1.4	7:25	5:01	☾
2	Sat	12:20	5.2	11:06 AM	6.9	5:01	2.6	5:58	-1.4	7:25	5:02	☾
3	Sun	1:07	5.3	11:53 AM	6.7	5:54	2.6	6:42	-1.2	7:25	5:02	☾
4	Mon	1:53	5.4	12:40	6.3	6:47	2.6	7:26	-0.9	7:25	5:03	☾
5	Tue	2:38	5.3	1:28	5.8	7:43	2.6	8:10	-0.4	7:25	5:04	☾
6	Wed	3:23	5.3	2:18	5.2	8:43	2.6	8:54	0.1	7:25	5:05	☾
7	Thu	4:07	5.3	3:14	4.6	9:49	2.4	9:40	0.6	7:25	5:06	☾
8	Fri	4:52	5.3	4:21	4.1	10:59	2.2	10:31	1.2	7:25	5:07	☾
9	Sat	5:36	5.3	5:44	3.7			12:08	1.9	7:25	5:08	☾
10	Sun	6:20	5.4	7:16	3.7			1:10	1.5	7:25	5:09	☾
11	Mon	7:02	5.6	8:36	3.8	12:23	2.2	2:03	1.0	7:24	5:10	☾
12	Tue	7:43	5.7	9:38	4.1	1:19	2.5	2:48	0.6	7:24	5:11	☾
13	Wed	8:22	5.9	10:26	4.3	2:11	2.7	3:28	0.2	7:24	5:12	☾
14	Thu	9:00	6.0	11:07	4.5	2:57	2.8	4:04	-0.1	7:24	5:13	☾
15	Fri	9:39	6.2	11:43	4.7	3:38	2.9	4:38	-0.4	7:23	5:14	☾
16	Sat	10:17	6.3			4:17	2.9	5:11	-0.6	7:23	5:15	☾
17	Sun	12:18	4.8	10:56 AM	6.3	4:55	2.8	5:45	-0.8	7:23	5:16	☾
18	Mon	12:53	4.9	11:35 AM	6.2	5:34	2.7	6:20	-0.8	7:22	5:17	☾
19	Tue	1:27	5.0	12:17	6.1	6:16	2.6	6:57	-0.7	7:22	5:18	☾
20	Wed	2:03	5.1	1:01	5.8	7:02	2.5	7:36	-0.5	7:21	5:19	☾
21	Thu	2:41	5.3	1:50	5.4	7:53	2.3	8:17	-0.1	7:21	5:20	☾
22	Fri	3:21	5.4	2:48	4.9	8:53	2.1	9:03	0.4	7:20	5:21	☾
23	Sat	4:04	5.6	4:00	4.4	10:03	1.8	9:54	1.0	7:20	5:22	☾
24	Sun	4:52	5.8	5:29	4.0	11:19	1.4	10:52	1.6	7:19	5:23	☾
25	Mon	5:44	6.0	7:06	4.0			12:33	0.8	7:18	5:25	☾
26	Tue	6:39	6.2	8:30	4.2			1:40	0.2	7:18	5:26	☾
27	Wed	7:34	6.4	9:37	4.6	1:07	2.4	2:38	-0.3	7:17	5:27	☾
28	Thu	8:28	6.6	10:32	4.9	2:12	2.5	3:29	-0.7	7:16	5:28	☾
29	Fri	9:20	6.7	11:19	5.1	3:10	2.5	4:16	-1.0	7:16	5:29	☾
30	Sat	10:09	6.7			4:04	2.5	5:00	-1.1	7:15	5:30	☾

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	12:02	5.3	10:57 AM	6.6	4:54	2.3	5:42	-1.0	7:14	5:31	