

































Alcatraz Island, CA - Dec 1999

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:16	5.7	7:11	4.4	12:10	0.6	1:27	1.6	7:06	4:51	
2	Thu	7:59	5.9	8:25	4.3	1:06	1.0	2:22	1.1	7:07	4:50	
3	Fri	8:37	6.0	9:28	4.4	1:56	1.4	3:09	0.6	7:08	4:50	
4	Sat	9:11	6.1	10:23	4.5	2:41	1.7	3:49	0.2	7:09	4:50	
5	Sun	9:42	6.1	11:12	4.6	3:22	2.1	4:26	-0.1	7:09	4:50	
6	Mon	10:12	6.1	11:57	4.7	4:01	2.4	4:59	-0.2	7:10	4:50	
7	Tue	10:41	6.0			4:38	2.7	5:32	-0.4	7:11	4:50	
8	Wed	12:38	4.7	11:12 AM	6.0	5:15	2.9	6:04	-0.4	7:12	4:50	
9	Thu	1:18	4.7	11:44 AM	5.9	5:51	3.0	6:37	-0.4	7:13	4:50	
10	Fri	1:57	4.7	12:18	5.7	6:29	3.1	7:12	-0.4	7:14	4:50	
11	Sat	2:36	4.7	12:55	5.5	7:10	3.2	7:49	-0.3	7:14	4:50	
12	Sun	3:17	4.7	1:35	5.2	7:58	3.3	8:30	-0.1	7:15	4:51	
13	Mon	4:01	4.7	2:23	4.9	8:56	3.2	9:15	0.1	7:16	4:51	
14	Tue	4:45	4.8	3:22	4.6	10:06	3.1	10:05	0.4	7:17	4:51	
15	Wed	5:30	5.0	4:35	4.2	11:21	2.7	10:59	0.7	7:17	4:51	
16	Thu	6:14	5.3	6:00	4.1			12:28	2.1	7:18	4:52	
17	Fri	6:56	5.6	7:25	4.1			1:24	1.4	7:19	4:52	
18	Sat	7:37	6.0	8:40	4.3	12:51	1.4	2:15	0.6	7:19	4:52	
19	Sun	8:18	6.4	9:46	4.6	1:45	1.7	3:03	-0.2	7:20	4:53	
20	Mon	9:01	6.8	10:45	4.9	2:37	2.0	3:50	-0.8	7:20	4:53	
21	Tue	9:46	7.0	11:40	5.1	3:28	2.2	4:37	-1.3	7:21	4:54	
22	Wed	10:32	7.2			4:19	2.4	5:24	-1.6	7:21	4:54	
23	Thu	12:32	5.2	11:20 AM	7.1	5:12	2.5	6:12	-1.6	7:22	4:55	
24	Fri	1:23	5.3	12:10	6.9	6:06	2.6	7:01	-1.5	7:22	4:55	
25	Sat	2:13	5.4	1:02	6.5	7:04	2.6	7:50	-1.2	7:23	4:56	
26	Sun	3:03	5.4	1:57	5.9	8:08	2.6	8:40	-0.7	7:23	4:56	
27	Mon	3:54	5.5	2:57	5.3	9:18	2.5	9:32	-0.1	7:23	4:57	
28	Tue	4:46	5.5	4:05	4.7	10:35	2.3	10:27	0.5	7:24	4:58	
29	Wed	5:37	5.6	5:26	4.2	11:51	1.9	11:25	1.1	7:24	4:58	
30	Thu	6:27	5.7	6:54	4.0			1:00	1.5	7:24	4:59	
31	Fri	7:12	5.8	8:17	4.0	12:24	1.6	1:59	1.0	7:24	5:00	