



## Alcatraz Island, CA - Dec 2000

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:16	4.6	2:19	4.9	9:06	3.4	9:23	0.2	7:07	4:50	☾
2	Sat	5:05	4.7	3:15	4.6	10:21	3.3	10:14	0.5	7:07	4:50	☾
3	Sun	5:50	4.8	4:23	4.2	11:36	3.0	11:07	0.8	7:08	4:50	☾
4	Mon	6:31	5.0	5:41	4.0			12:39	2.6	7:09	4:50	☾
5	Tue	7:08	5.2	6:59	4.0	12:00	1.0	1:30	2.0	7:10	4:50	☾
6	Wed	7:43	5.5	8:11	4.1	12:50	1.3	2:13	1.4	7:11	4:50	☾
7	Thu	8:17	5.9	9:15	4.3	1:37	1.5	2:53	0.7	7:12	4:50	☾
8	Fri	8:51	6.2	10:14	4.6	2:22	1.8	3:33	0.0	7:13	4:50	☾
9	Sat	9:27	6.5	11:08	4.8	3:06	2.1	4:13	-0.6	7:13	4:50	☾
10	Sun	10:06	6.7			3:51	2.3	4:55	-1.1	7:14	4:50	☾
11	Mon	12:01	5.0	10:48 AM	6.9	4:37	2.6	5:40	-1.4	7:15	4:50	☾
12	Tue	12:53	5.1	11:32 AM	6.9	5:25	2.7	6:27	-1.5	7:16	4:51	☾
13	Wed	1:44	5.1	12:21	6.8	6:17	2.8	7:16	-1.4	7:16	4:51	☾
14	Thu	2:36	5.2	1:13	6.4	7:15	2.9	8:07	-1.2	7:17	4:51	☾
15	Fri	3:29	5.2	2:11	6.0	8:21	2.9	9:01	-0.8	7:18	4:51	☾
16	Sat	4:23	5.3	3:16	5.4	9:38	2.7	9:58	-0.2	7:19	4:52	☾
17	Sun	5:17	5.5	4:32	4.8	11:01	2.4	10:57	0.3	7:19	4:52	☾
18	Mon	6:09	5.7	5:57	4.4			12:19	1.8	7:20	4:53	☾
19	Tue	6:58	5.9	7:24	4.2			1:27	1.2	7:20	4:53	☾
20	Wed	7:43	6.1	8:42	4.3	12:55	1.4	2:24	0.6	7:21	4:53	☾
21	Thu	8:24	6.3	9:48	4.4	1:49	1.8	3:12	0.1	7:21	4:54	☾
22	Fri	9:03	6.4	10:45	4.6	2:39	2.2	3:55	-0.2	7:22	4:54	☾
23	Sat	9:39	6.4	11:34	4.7	3:25	2.5	4:34	-0.5	7:22	4:55	☾
24	Sun	10:13	6.3			4:09	2.8	5:10	-0.6	7:23	4:56	☾
25	Mon	12:19	4.8	10:47 AM	6.2	4:51	3.0	5:44	-0.6	7:23	4:56	☾
26	Tue	12:59	4.8	11:21 AM	6.1	5:31	3.1	6:18	-0.6	7:23	4:57	☾
27	Wed	1:37	4.8	11:55 AM	5.9	6:10	3.1	6:52	-0.5	7:24	4:57	☾
28	Thu	2:13	4.8	12:31	5.7	6:50	3.2	7:26	-0.4	7:24	4:58	☾
29	Fri	2:48	4.8	1:09	5.4	7:33	3.2	8:02	-0.1	7:24	4:59	☾
30	Sat	3:24	4.8	1:51	5.0	8:22	3.1	8:40	0.1	7:24	5:00	☾

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Sun	<b>4:02</b>	4.8	<b>2:39</b>	4.6	<b>9:20</b>	3.0	<b>9:23</b>	0.5	7:25	5:00	