



































Alcatraz Island, CA - Dec 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:51	5.4	6:10	4.3			12:48	2.2	7:06	4:51	
2	Tue	7:33	5.6	7:31	4.2	12:28	0.7	1:49	1.6	7:07	4:50	
3	Wed	8:08	5.7	8:43	4.2	1:18	1.2	2:39	1.1	7:08	4:50	
4	Thu	8:40	5.9	9:46	4.3	2:03	1.6	3:21	0.6	7:09	4:50	
5	Fri	9:08	6.0	10:41	4.4	2:44	2.1	3:59	0.2	7:09	4:50	
6	Sat	9:35	6.0	11:30	4.5	3:23	2.5	4:33	-0.1	7:10	4:50	
7	Sun	10:02	6.1			4:00	2.8	5:05	-0.3	7:11	4:50	
8	Mon	12:16	4.6	10:31 AM	6.1	4:36	3.1	5:37	-0.5	7:12	4:50	
9	Tue	12:58	4.6	11:03 AM	6.0	5:12	3.3	6:09	-0.5	7:13	4:50	
10	Wed	1:39	4.6	11:36 AM	6.0	5:49	3.4	6:43	-0.5	7:14	4:50	
11	Thu	2:19	4.6	12:13	5.8	6:27	3.5	7:20	-0.5	7:14	4:50	
12	Fri	3:01	4.6	12:52	5.6	7:10	3.5	8:00	-0.4	7:15	4:51	
13	Sat	3:44	4.6	1:36	5.4	8:02	3.5	8:44	-0.3	7:16	4:51	
14	Sun	4:27	4.7	2:28	5.0	9:07	3.4	9:31	0.0	7:17	4:51	
15	Mon	5:09	4.8	3:32	4.6	10:22	3.1	10:21	0.3	7:17	4:51	
16	Tue	5:50	5.1	4:51	4.3	11:38	2.6	11:14	0.7	7:18	4:52	
17	Wed	6:28	5.4	6:21	4.1			12:43	1.9	7:19	4:52	
18	Thu	7:06	5.8	7:49	4.1	12:08	1.2	1:40	1.0	7:19	4:52	
19	Fri	7:45	6.3	9:08	4.3	1:01	1.7	2:31	0.1	7:20	4:53	
20	Sat	8:25	6.7	10:16	4.6	1:54	2.1	3:20	-0.7	7:20	4:53	
21	Sun	9:08	7.0	11:16	4.8	2:47	2.5	4:08	-1.3	7:21	4:54	
22	Mon	9:53	7.2			3:39	2.8	4:56	-1.7	7:21	4:54	
23	Tue	12:11	5.0	10:40 AM	7.2	4:31	3.0	5:45	-1.8	7:22	4:55	
24	Wed	1:03	5.1	11:30 AM	7.1	5:25	3.0	6:33	-1.7	7:22	4:55	
25	Thu	1:53	5.2	12:20	6.8	6:21	3.0	7:22	-1.5	7:23	4:56	
26	Fri	2:41	5.2	1:13	6.3	7:21	3.0	8:11	-1.1	7:23	4:56	
27	Sat	3:30	5.2	2:07	5.7	8:27	2.9	8:59	-0.5	7:23	4:57	
28	Sun	4:18	5.2	3:08	5.0	9:41	2.7	9:49	0.1	7:24	4:58	
29	Mon	5:05	5.3	4:18	4.4	10:59	2.4	10:40	0.7	7:24	4:58	
30	Tue	5:51	5.4	5:42	3.9			12:13	2.0	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	6:33	5.5	7:19	3.7			1:18	1.4	7:24	5:00	