



































Alcatraz Island, CA - Dec 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:49	4.5	1:27	5.3	8:01	3.6	8:42	-0.1	7:07	4:50	
2	Thu	4:36	4.5	2:15	5.0	9:05	3.6	9:29	0.1	7:07	4:50	
3	Fri	5:20	4.6	3:12	4.6	10:22	3.4	10:19	0.4	7:08	4:50	
4	Sat	5:59	4.8	4:22	4.3	11:36	3.0	11:09	0.7	7:09	4:50	
5	Sun	6:35	5.0	5:42	4.0			12:38	2.5	7:10	4:50	
6	Mon	7:07	5.3	7:06	4.0			1:29	1.8	7:11	4:50	
7	Tue	7:39	5.7	8:23	4.1	12:47	1.4	2:14	1.0	7:12	4:50	
8	Wed	8:11	6.1	9:33	4.3	1:34	1.8	2:57	0.2	7:13	4:50	
9	Thu	8:46	6.5	10:36	4.5	2:20	2.2	3:39	-0.5	7:13	4:50	
10	Fri	9:24	6.8	11:33	4.8	3:06	2.6	4:23	-1.1	7:14	4:50	
11	Sat	10:06	7.0			3:53	2.9	5:10	-1.6	7:15	4:50	
12	Sun	12:28	4.9	10:51 AM	7.1	4:43	3.1	5:58	-1.8	7:16	4:51	
13	Mon	1:20	5.0	11:40 AM	7.1	5:34	3.2	6:47	-1.8	7:17	4:51	
14	Tue	2:12	5.0	12:33	6.8	6:31	3.2	7:39	-1.5	7:17	4:51	
15	Wed	3:04	5.0	1:29	6.4	7:34	3.1	8:31	-1.2	7:18	4:51	
16	Thu	3:55	5.1	2:30	5.8	8:47	3.0	9:25	-0.6	7:19	4:52	
17	Fri	4:46	5.3	3:39	5.1	10:10	2.7	10:20	0.0	7:19	4:52	
18	Sat	5:36	5.4	4:59	4.5	11:33	2.2	11:15	0.6	7:20	4:53	
19	Sun	6:22	5.7	6:29	4.1			12:48	1.6	7:20	4:53	
20	Mon	7:05	5.9	7:58	4.0	12:10	1.2	1:50	1.0	7:21	4:53	
21	Tue	7:45	6.1	9:16	4.1	1:04	1.8	2:43	0.4	7:21	4:54	
22	Wed	8:22	6.2	10:20	4.4	1:55	2.4	3:28	-0.1	7:22	4:54	
23	Thu	8:57	6.2	11:14	4.6	2:44	2.8	4:08	-0.4	7:22	4:55	
24	Fri	9:31	6.2			3:31	3.1	4:44	-0.5	7:23	4:56	
25	Sat	12:00	4.7	10:05 AM	6.2	4:14	3.3	5:18	-0.6	7:23	4:56	
26	Sun	12:42	4.8	10:40 AM	6.1	4:55	3.4	5:52	-0.6	7:23	4:57	
27	Mon	1:19	4.8	11:15 AM	6.1	5:34	3.4	6:25	-0.6	7:24	4:57	
28	Tue	1:54	4.7	11:52 AM	5.9	6:12	3.4	6:59	-0.6	7:24	4:58	
29	Wed	2:28	4.7	12:29	5.7	6:51	3.3	7:33	-0.4	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Thu	3:01	4.7	1:08	5.4	7:35	3.3	8:08	-0.2	7:24	5:00	
31	Fri	3:35	4.7	1:50	5.1	8:26	3.2	8:41	0.1	7:25	5:00	