



































Alcatraz Island, CA - Dec 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:09	6.4	9:27	4.5	1:29	1.5	2:53	-0.1	7:06	4:51	
2	Sat	8:47	6.7	10:34	4.7	2:19	2.0	3:41	-0.8	7:07	4:50	
3	Sun	9:26	6.9	11:33	4.9	3:08	2.4	4:27	-1.2	7:08	4:50	
4	Mon	10:07	7.0			3:57	2.8	5:13	-1.4	7:09	4:50	
5	Tue	12:28	5.0	10:50 AM	6.9	4:47	3.1	5:58	-1.5	7:10	4:50	
6	Wed	1:21	5.0	11:34 AM	6.7	5:38	3.2	6:43	-1.3	7:11	4:50	
7	Thu	2:11	5.0	12:19	6.4	6:31	3.3	7:29	-1.0	7:11	4:50	
8	Fri	3:00	4.9	1:05	5.9	7:27	3.3	8:15	-0.7	7:12	4:50	
9	Sat	3:49	4.9	1:53	5.4	8:29	3.3	9:01	-0.3	7:13	4:50	
10	Sun	4:36	4.9	2:47	4.9	9:39	3.2	9:48	0.2	7:14	4:50	
11	Mon	5:20	4.9	3:49	4.3	10:54	2.9	10:36	0.7	7:15	4:50	
12	Tue	6:00	5.0	5:04	3.9			12:04	2.5	7:15	4:51	
13	Wed	6:35	5.2	6:32	3.6			1:05	1.9	7:16	4:51	
14	Thu	7:07	5.4	8:00	3.6	12:13	1.7	1:56	1.3	7:17	4:51	
15	Fri	7:38	5.6	9:15	3.8	1:00	2.2	2:39	0.8	7:18	4:51	
16	Sat	8:09	5.8	10:15	4.1	1:45	2.6	3:18	0.3	7:18	4:52	
17	Sun	8:42	6.0	11:06	4.3	2:29	2.9	3:54	-0.2	7:19	4:52	
18	Mon	9:17	6.2	11:50	4.5	3:11	3.2	4:29	-0.5	7:19	4:52	
19	Tue	9:54	6.3			3:52	3.4	5:05	-0.8	7:20	4:53	
20	Wed	12:32	4.6	10:33 AM	6.4	4:33	3.4	5:43	-1.0	7:21	4:53	
21	Thu	1:12	4.7	11:15 AM	6.5	5:15	3.4	6:23	-1.2	7:21	4:54	
22	Fri	1:52	4.7	11:58 AM	6.4	6:00	3.4	7:04	-1.2	7:22	4:54	
23	Sat	2:32	4.8	12:45	6.2	6:50	3.3	7:47	-1.0	7:22	4:55	
24	Sun	3:12	4.9	1:37	5.8	7:48	3.1	8:32	-0.7	7:22	4:55	
25	Mon	3:53	5.1	2:36	5.2	8:57	2.8	9:18	-0.2	7:23	4:56	
26	Tue	4:34	5.3	3:48	4.6	10:15	2.4	10:06	0.4	7:23	4:57	
27	Wed	5:17	5.6	5:16	4.1	11:34	1.8	10:59	1.2	7:24	4:57	
28	Thu	6:00	6.0	6:56	3.9			12:46	1.0	7:24	4:58	
29	Fri	6:45	6.3	8:29	4.0			1:49	0.2	7:24	4:59	
30	Sat	7:30	6.6	9:45	4.3	12:56	2.4	2:44	-0.4	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	8:17	6.8	10:46	4.6	1:56	2.9	3:34	-0.9	7:25	5:00	