



































## Alcatraz Island, CA - Dec 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:01	5.2	5:02	4.3	11:50	2.5	11:33	0.7	7:06	4:51	
2	Sun	6:44	5.4	6:27	4.0			12:58	1.9	7:07	4:50	
3	Mon	7:22	5.5	7:52	3.9	12:24	1.3	1:54	1.3	7:08	4:50	
4	Tue	7:55	5.7	9:05	4.0	1:12	1.8	2:41	0.8	7:09	4:50	
5	Wed	8:25	5.8	10:07	4.2	1:57	2.2	3:22	0.3	7:10	4:50	
6	Thu	8:54	6.0	11:00	4.3	2:39	2.7	3:58	-0.1	7:10	4:50	
7	Fri	9:24	6.0	11:46	4.5	3:20	3.0	4:32	-0.3	7:11	4:50	
8	Sat	9:55	6.1			3:58	3.2	5:05	-0.5	7:12	4:50	
9	Sun	12:28	4.6	10:28 AM	6.1	4:35	3.4	5:38	-0.6	7:13	4:50	
10	Mon	1:07	4.6	11:04 AM	6.1	5:12	3.5	6:13	-0.7	7:14	4:50	
11	Tue	1:44	4.6	11:41 AM	6.0	5:49	3.5	6:49	-0.7	7:14	4:50	
12	Wed	2:22	4.6	12:20	5.9	6:29	3.5	7:26	-0.7	7:15	4:51	
13	Thu	3:01	4.6	1:01	5.6	7:16	3.4	8:06	-0.6	7:16	4:51	
14	Fri	3:40	4.7	1:49	5.3	8:12	3.3	8:49	-0.3	7:17	4:51	
15	Sat	4:19	4.8	2:45	4.9	9:20	3.1	9:34	0.1	7:17	4:51	
16	Sun	4:57	5.1	3:56	4.4	10:36	2.6	10:22	0.6	7:18	4:52	
17	Mon	5:36	5.4	5:25	4.0	11:50	2.0	11:14	1.2	7:19	4:52	
18	Tue	6:16	5.8	7:02	3.9			12:56	1.2	7:19	4:52	
19	Wed	6:56	6.2	8:32	4.0	12:09	1.8	1:53	0.3	7:20	4:53	
20	Thu	7:39	6.6	9:46	4.3	1:06	2.3	2:46	-0.5	7:20	4:53	
21	Fri	8:25	6.9	10:49	4.7	2:03	2.7	3:36	-1.1	7:21	4:54	
22	Sat	9:13	7.1	11:43	4.9	2:59	3.0	4:25	-1.5	7:21	4:54	
23	Sun	10:02	7.2			3:54	3.1	5:13	-1.7	7:22	4:55	
24	Mon	12:33	5.0	10:52 AM	7.1	4:49	3.1	6:01	-1.7	7:22	4:55	
25	Tue	1:20	5.1	11:42 AM	6.9	5:44	3.0	6:47	-1.5	7:23	4:56	
26	Wed	2:05	5.1	12:32	6.5	6:40	2.9	7:32	-1.1	7:23	4:56	
27	Thu	2:49	5.2	1:23	5.9	7:39	2.8	8:16	-0.7	7:23	4:57	
28	Fri	3:32	5.2	2:16	5.3	8:43	2.7	8:59	-0.1	7:24	4:58	
29	Sat	4:14	5.2	3:15	4.6	9:53	2.5	9:43	0.6	7:24	4:58	
30	Sun	4:55	5.3	4:27	4.0	11:07	2.1	10:29	1.3	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Mon	<b>5:35</b>	5.4	<b>6:05</b>	3.6			<b>12:17</b>	1.7	7:24	5:00	