
































Alcatraz Island, CA - Dec 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:57	4.5	12:51	5.5	7:11	3.5	7:59	-0.3	7:07	4:50	
2	Tue	3:37	4.5	1:34	5.2	8:02	3.5	8:40	-0.1	7:07	4:50	
3	Wed	4:17	4.6	2:22	4.9	9:04	3.4	9:23	0.2	7:08	4:50	
4	Thu	4:56	4.7	3:21	4.5	10:17	3.1	10:09	0.5	7:09	4:50	
5	Fri	5:34	4.9	4:36	4.1	11:31	2.7	10:57	0.9	7:10	4:50	
6	Sat	6:10	5.2	6:03	3.9			12:34	2.0	7:11	4:50	
7	Sun	6:45	5.6	7:32	3.9			1:27	1.2	7:12	4:50	
8	Mon	7:22	6.0	8:52	4.1	12:40	1.8	2:15	0.4	7:13	4:50	
9	Tue	8:00	6.4	10:00	4.4	1:32	2.3	3:02	-0.4	7:14	4:50	
10	Wed	8:42	6.8	11:00	4.7	2:23	2.7	3:48	-1.0	7:14	4:50	
11	Thu	9:27	7.1	11:54	4.9	3:15	2.9	4:36	-1.5	7:15	4:50	
12	Fri	10:15	7.2			4:06	3.1	5:24	-1.8	7:16	4:51	
13	Sat	12:45	5.0	11:05 AM	7.2	5:00	3.1	6:13	-1.8	7:17	4:51	
14	Sun	1:34	5.1	11:58 AM	7.0	5:55	3.0	7:02	-1.7	7:17	4:51	
15	Mon	2:21	5.1	12:52	6.6	6:55	2.9	7:51	-1.3	7:18	4:51	
16	Tue	3:09	5.2	1:49	6.0	8:01	2.8	8:41	-0.8	7:19	4:52	
17	Wed	3:57	5.3	2:51	5.3	9:15	2.5	9:30	-0.1	7:19	4:52	
18	Thu	4:44	5.5	4:03	4.6	10:34	2.2	10:21	0.6	7:20	4:53	
19	Fri	5:30	5.6	5:28	4.0	11:52	1.7	11:15	1.3	7:20	4:53	
20	Sat	6:16	5.8	7:04	3.8			1:01	1.1	7:21	4:53	
21	Sun	6:58	5.9	8:34	3.9	12:11	1.9	2:00	0.6	7:21	4:54	
22	Mon	7:39	6.1	9:46	4.2	1:08	2.5	2:50	0.2	7:22	4:54	
23	Tue	8:18	6.1	10:42	4.4	2:02	2.9	3:33	-0.2	7:22	4:55	
24	Wed	8:55	6.1	11:29	4.6	2:53	3.2	4:11	-0.4	7:23	4:56	
25	Thu	9:32	6.2			3:39	3.3	4:47	-0.5	7:23	4:56	
26	Fri	12:09	4.7	10:09 AM	6.1	4:21	3.4	5:21	-0.6	7:23	4:57	
27	Sat	12:44	4.7	10:45 AM	6.1	5:00	3.4	5:53	-0.6	7:24	4:58	
28	Sun	1:16	4.7	11:21 AM	6.0	5:37	3.3	6:25	-0.6	7:24	4:58	
29	Mon	1:47	4.7	11:58 AM	5.9	6:13	3.2	6:57	-0.6	7:24	4:59	

Date		High				Low				☀️		🌙
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Tue	2:17	4.7	12:35	5.6	6:53	3.1	7:29	-0.4	7:24	5:00	●
31	Wed	2:47	4.8	1:15	5.3	7:37	3.0	7:58	-0.1	7:25	5:00	◐