



## Alcatraz Island, CA - Dec 2009

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:52	6.7			3:43	2.9	4:56	-1.2	7:06	4:50	☾
2	Wed	12:14	4.8	10:35 AM	6.8	4:29	3.1	5:40	-1.4	7:07	4:50	☾
3	Thu	1:02	4.9	11:21 AM	6.9	5:17	3.1	6:26	-1.5	7:08	4:50	☾
4	Fri	1:50	4.9	12:11	6.7	6:08	3.1	7:14	-1.4	7:09	4:50	☾
5	Sat	2:39	5.0	1:04	6.4	7:06	3.0	8:03	-1.2	7:10	4:50	☾
6	Sun	3:27	5.1	2:02	5.9	8:13	2.9	8:54	-0.7	7:11	4:50	☾
7	Mon	4:16	5.2	3:08	5.3	9:31	2.6	9:47	-0.2	7:12	4:50	☾
8	Tue	5:04	5.4	4:25	4.6	10:54	2.2	10:42	0.5	7:13	4:50	☾
9	Wed	5:52	5.7	5:54	4.2			12:12	1.6	7:13	4:50	☾
10	Thu	6:38	6.0	7:26	4.0			1:19	0.9	7:14	4:50	☾
11	Fri	7:22	6.2	8:49	4.1	12:35	1.7	2:17	0.2	7:15	4:50	☾
12	Sat	8:04	6.4	9:58	4.4	1:31	2.3	3:07	-0.3	7:16	4:51	☾
13	Sun	8:44	6.5	10:55	4.6	2:25	2.7	3:51	-0.6	7:16	4:51	☾
14	Mon	9:24	6.5	11:44	4.8	3:15	3.0	4:32	-0.8	7:17	4:51	☾
15	Tue	10:02	6.4			4:03	3.1	5:10	-0.9	7:18	4:51	☾
16	Wed	12:29	4.8	10:40 AM	6.3	4:48	3.2	5:46	-0.8	7:18	4:52	☾
17	Thu	1:09	4.8	11:17 AM	6.1	5:30	3.3	6:22	-0.8	7:19	4:52	☾
18	Fri	1:46	4.8	11:54 AM	5.9	6:12	3.2	6:56	-0.6	7:20	4:52	☾
19	Sat	2:21	4.8	12:32	5.7	6:54	3.2	7:31	-0.4	7:20	4:53	☾
20	Sun	2:54	4.7	1:11	5.3	7:39	3.1	8:05	-0.1	7:21	4:53	☾
21	Mon	3:26	4.8	1:54	4.9	8:31	3.0	8:41	0.2	7:21	4:54	☾
22	Tue	3:59	4.9	2:44	4.4	9:31	2.8	9:18	0.7	7:22	4:54	☾
23	Wed	4:33	5.0	3:46	3.9	10:39	2.5	9:59	1.2	7:22	4:55	☾
24	Thu	5:09	5.2	5:10	3.6	11:47	2.1	10:45	1.7	7:23	4:55	☾
25	Fri	5:47	5.5	6:49	3.5			12:47	1.5	7:23	4:56	☾
26	Sat	6:27	5.8	8:22	3.7			1:40	0.8	7:23	4:57	☾
27	Sun	7:10	6.1	9:34	4.0	12:36	2.7	2:27	0.2	7:24	4:57	☾
28	Mon	7:55	6.4	10:30	4.3	1:34	3.0	3:12	-0.4	7:24	4:58	☾
29	Tue	8:42	6.7	11:18	4.6	2:30	3.1	3:57	-1.0	7:24	4:59	☾
30	Wed	9:31	6.9			3:23	3.2	4:42	-1.4	7:24	4:59	☾

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Thu	<b>12:01</b>	4.8	<b>10:21 AM</b>	7.1	<b>4:15</b>	3.1	<b>5:26</b>	-1.6	7:25	5:00	