



































Alcatraz Island, CA - Dec 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:03	4.9	2:15	5.2	8:53	3.3	9:18	-0.1	7:06	4:51	
2	Mon	4:58	4.9	3:11	4.8	10:08	3.2	10:11	0.3	7:07	4:50	
3	Tue	5:49	4.9	4:16	4.4	11:25	3.0	11:06	0.7	7:08	4:50	
4	Wed	6:34	5.0	5:32	4.1			12:32	2.6	7:09	4:50	
5	Thu	7:12	5.2	6:51	3.9	12:00	1.0	1:28	2.1	7:10	4:50	
6	Fri	7:45	5.4	8:03	4.0	12:50	1.3	2:15	1.6	7:10	4:50	
7	Sat	8:15	5.6	9:06	4.1	1:35	1.6	2:55	1.0	7:11	4:50	
8	Sun	8:45	5.8	10:01	4.3	2:17	1.9	3:31	0.5	7:12	4:50	
9	Mon	9:15	6.0	10:51	4.4	2:56	2.2	4:05	0.1	7:13	4:50	
10	Tue	9:47	6.2	11:38	4.6	3:34	2.4	4:38	-0.3	7:14	4:50	
11	Wed	10:20	6.3			4:12	2.7	5:14	-0.7	7:15	4:50	
12	Thu	12:23	4.7	10:57 AM	6.4	4:52	2.9	5:51	-0.9	7:15	4:51	
13	Fri	1:09	4.8	11:36 AM	6.4	5:33	3.0	6:32	-1.0	7:16	4:51	
14	Sat	1:55	4.9	12:18	6.3	6:19	3.1	7:15	-1.1	7:17	4:51	
15	Sun	2:43	4.9	1:05	6.1	7:11	3.1	8:02	-0.9	7:17	4:51	
16	Mon	3:32	5.0	1:59	5.7	8:11	3.1	8:53	-0.6	7:18	4:52	
17	Tue	4:22	5.1	3:01	5.3	9:24	2.9	9:47	-0.2	7:19	4:52	
18	Wed	5:12	5.3	4:16	4.8	10:46	2.6	10:44	0.2	7:19	4:52	
19	Thu	6:01	5.6	5:42	4.4			12:05	2.0	7:20	4:53	
20	Fri	6:48	5.9	7:11	4.2			1:13	1.2	7:20	4:53	
21	Sat	7:33	6.2	8:32	4.3	12:42	1.2	2:12	0.5	7:21	4:54	
22	Sun	8:16	6.5	9:42	4.5	1:38	1.7	3:03	-0.2	7:21	4:54	
23	Mon	8:59	6.7	10:43	4.8	2:31	2.1	3:51	-0.7	7:22	4:55	
24	Tue	9:40	6.8	11:37	4.9	3:22	2.4	4:35	-1.0	7:22	4:55	
25	Wed	10:21	6.8			4:12	2.7	5:17	-1.1	7:23	4:56	
26	Thu	12:27	5.0	11:02 AM	6.6	5:00	2.9	5:58	-1.1	7:23	4:56	
27	Fri	1:13	5.1	11:42 AM	6.4	5:47	3.0	6:38	-1.0	7:23	4:57	
28	Sat	1:56	5.1	12:22	6.1	6:35	3.0	7:17	-0.7	7:24	4:58	
29	Sun	2:38	5.0	1:02	5.7	7:24	3.1	7:57	-0.4	7:24	4:58	
30	Mon	3:19	4.9	1:45	5.3	8:17	3.1	8:37	-0.1	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	3:59	4.9	2:32	4.8	9:17	3.0	9:20	0.4	7:24	5:00	