



































Alcatraz Island, CA - Dec 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:33	4.8	1:20	5.6	7:53	3.5	8:36	-0.3	7:06	4:51	
2	Sat	4:24	4.7	2:08	5.2	8:58	3.5	9:24	0.0	7:07	4:50	
3	Sun	5:12	4.7	3:03	4.7	10:13	3.4	10:15	0.4	7:08	4:50	
4	Mon	5:56	4.8	4:09	4.3	11:27	3.1	11:05	0.7	7:09	4:50	
5	Tue	6:33	4.9	5:26	3.9			12:32	2.6	7:10	4:50	
6	Wed	7:05	5.1	6:48	3.8			1:27	2.0	7:10	4:50	
7	Thu	7:34	5.4	8:06	3.8	12:41	1.5	2:12	1.4	7:11	4:50	
8	Fri	8:03	5.7	9:14	4.0	1:24	1.9	2:52	0.8	7:12	4:50	
9	Sat	8:33	5.9	10:14	4.2	2:05	2.3	3:28	0.2	7:13	4:50	
10	Sun	9:04	6.2	11:07	4.4	2:46	2.6	4:04	-0.3	7:14	4:50	
11	Mon	9:38	6.4	11:57	4.6	3:26	2.9	4:41	-0.8	7:15	4:50	
12	Tue	10:15	6.6			4:07	3.2	5:21	-1.1	7:15	4:51	
13	Wed	12:44	4.7	10:56 AM	6.7	4:50	3.3	6:03	-1.3	7:16	4:51	
14	Thu	1:31	4.8	11:40 AM	6.6	5:36	3.4	6:48	-1.4	7:17	4:51	
15	Fri	2:18	4.8	12:28	6.5	6:27	3.4	7:35	-1.3	7:17	4:51	
16	Sat	3:06	4.9	1:21	6.2	7:26	3.3	8:25	-1.0	7:18	4:52	
17	Sun	3:53	5.0	2:20	5.7	8:35	3.1	9:16	-0.6	7:19	4:52	
18	Mon	4:41	5.1	3:29	5.1	9:56	2.8	10:10	-0.1	7:19	4:52	
19	Tue	5:27	5.4	4:51	4.5	11:21	2.3	11:04	0.5	7:20	4:53	
20	Wed	6:12	5.7	6:23	4.1			12:37	1.5	7:20	4:53	
21	Thu	6:56	6.1	7:54	4.1	12:00	1.2	1:41	0.8	7:21	4:54	
22	Fri	7:38	6.4	9:14	4.2	12:55	1.8	2:37	0.1	7:21	4:54	
23	Sat	8:19	6.6	10:21	4.5	1:50	2.3	3:25	-0.5	7:22	4:55	
24	Sun	9:00	6.7	11:18	4.7	2:43	2.8	4:10	-0.9	7:22	4:55	
25	Mon	9:40	6.7			3:35	3.0	4:52	-1.0	7:23	4:56	
26	Tue	12:08	4.9	10:21 AM	6.6	4:24	3.2	5:31	-1.1	7:23	4:56	
27	Wed	12:53	5.0	11:00 AM	6.4	5:11	3.3	6:10	-1.0	7:23	4:57	
28	Thu	1:35	4.9	11:40 AM	6.2	5:56	3.3	6:48	-0.8	7:24	4:58	
29	Fri	2:15	4.9	12:19	5.9	6:41	3.3	7:25	-0.6	7:24	4:58	
30	Sat	2:52	4.8	12:58	5.6	7:27	3.2	8:01	-0.3	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	3:27	4.8	1:40	5.2	8:18	3.1	8:35	0.1	7:24	5:00	