



































Alcatraz Island, CA - Dec 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:54	5.8	10:11	4.2	2:27	1.9	3:39	0.5	7:06	4:50	
2	Tue	9:21	6.0	11:02	4.4	3:03	2.3	4:13	0.0	7:07	4:50	
3	Wed	9:50	6.1	11:50	4.5	3:38	2.6	4:46	-0.3	7:08	4:50	
4	Thu	10:21	6.3			4:14	2.9	5:20	-0.6	7:09	4:50	
5	Fri	12:36	4.6	10:55 AM	6.3	4:51	3.2	5:57	-0.9	7:10	4:50	
6	Sat	1:22	4.7	11:32 AM	6.3	5:30	3.3	6:37	-1.0	7:11	4:50	
7	Sun	2:09	4.7	12:13	6.2	6:14	3.4	7:21	-1.0	7:11	4:50	
8	Mon	2:57	4.7	12:59	6.0	7:04	3.5	8:08	-0.9	7:12	4:50	
9	Tue	3:46	4.7	1:52	5.7	8:05	3.4	8:59	-0.7	7:13	4:50	
10	Wed	4:36	4.9	2:55	5.3	9:20	3.3	9:53	-0.3	7:14	4:50	
11	Thu	5:24	5.1	4:10	4.8	10:46	2.9	10:49	0.1	7:15	4:50	
12	Fri	6:09	5.4	5:37	4.4			12:06	2.2	7:15	4:51	
13	Sat	6:51	5.8	7:07	4.2			1:14	1.4	7:16	4:51	
14	Sun	7:32	6.2	8:30	4.3	12:41	1.2	2:11	0.5	7:17	4:51	
15	Mon	8:12	6.5	9:43	4.5	1:34	1.7	3:03	-0.2	7:17	4:51	
16	Tue	8:52	6.8	10:47	4.7	2:26	2.2	3:50	-0.8	7:18	4:52	
17	Wed	9:33	6.9	11:43	4.9	3:17	2.6	4:35	-1.2	7:19	4:52	
18	Thu	10:14	6.9			4:07	2.9	5:19	-1.3	7:19	4:52	
19	Fri	12:35	5.0	10:56 AM	6.8	4:56	3.1	6:02	-1.3	7:20	4:53	
20	Sat	1:24	5.0	11:38 AM	6.5	5:46	3.2	6:45	-1.1	7:20	4:53	
21	Sun	2:10	5.0	12:21	6.2	6:37	3.3	7:27	-0.9	7:21	4:54	
22	Mon	2:56	5.0	1:04	5.8	7:29	3.3	8:09	-0.5	7:21	4:54	
23	Tue	3:40	4.9	1:49	5.3	8:27	3.2	8:52	-0.1	7:22	4:55	
24	Wed	4:23	4.9	2:39	4.8	9:32	3.1	9:36	0.3	7:22	4:55	
25	Thu	5:03	4.9	3:38	4.3	10:43	2.8	10:21	0.8	7:23	4:56	
26	Fri	5:42	5.0	4:53	3.8	11:53	2.5	11:09	1.3	7:23	4:57	
27	Sat	6:18	5.2	6:22	3.6			12:55	1.9	7:23	4:57	
28	Sun	6:53	5.4	7:54	3.6			1:47	1.4	7:24	4:58	
29	Mon	7:27	5.6	9:10	3.8	12:48	2.3	2:32	0.8	7:24	4:59	
30	Tue	8:02	5.9	10:10	4.1	1:37	2.7	3:11	0.3	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	8:38	6.1	11:06	4.4	2:24	3.0	3:48	-0.2	7:24	5:00	