

Alcatraz Island, CA - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:05	4.6	12:57	5.9	7:05	3.5	8:09	-0.8	7:06	4:50	
2	Wed	3:53	4.6	1:48	5.6	8:05	3.5	8:59	-0.6	7:07	4:50	
3	Thu	4:41	4.8	2:49	5.2	9:20	3.3	9:51	-0.2	7:08	4:50	
4	Fri	5:26	5.0	4:03	4.7	10:44	2.9	10:46	0.2	7:09	4:50	
5	Sat	6:08	5.3	5:30	4.3			12:03	2.2	7:10	4:50	
6	Sun	6:47	5.7	7:01	4.2			1:09	1.4	7:11	4:50	
7	Mon	7:26	6.1	8:27	4.2	12:34	1.2	2:06	0.5	7:12	4:50	
8	Tue	8:05	6.5	9:41	4.4	1:27	1.8	2:57	-0.3	7:12	4:50	
9	Wed	8:46	6.8	10:46	4.7	2:19	2.3	3:45	-0.9	7:13	4:50	
10	Thu	9:27	7.0	11:44	4.9	3:10	2.7	4:32	-1.3	7:14	4:50	
11	Fri	10:10	7.0			4:01	3.0	5:17	-1.5	7:15	4:50	
12	Sat	12:37	5.0	10:55 AM	6.9	4:52	3.2	6:03	-1.5	7:16	4:51	
13	Sun	1:26	5.0	11:40 AM	6.6	5:44	3.3	6:47	-1.3	7:16	4:51	
14	Mon	2:14	5.0	12:25	6.3	6:37	3.3	7:32	-1.0	7:17	4:51	
15	Tue	3:00	4.9	1:11	5.8	7:33	3.3	8:16	-0.6	7:18	4:51	
16	Wed	3:45	4.9	2:00	5.3	8:35	3.2	9:00	-0.2	7:18	4:52	
17	Thu	4:29	4.9	2:53	4.7	9:44	3.0	9:45	0.3	7:19	4:52	
18	Fri	5:10	5.0	3:56	4.2	10:58	2.7	10:31	0.9	7:19	4:52	
19	Sat	5:47	5.1	5:16	3.7			12:07	2.3	7:20	4:53	
20	Sun	6:22	5.2	6:49	3.5			1:08	1.8	7:21	4:53	
21	Mon	6:55	5.5	8:19	3.6	12:07	2.0	1:59	1.2	7:21	4:54	
22	Tue	7:28	5.7	9:32	3.9	12:57	2.4	2:42	0.7	7:22	4:54	
23	Wed	8:03	5.9	10:29	4.1	1:46	2.8	3:21	0.2	7:22	4:55	
24	Thu	8:39	6.1	11:16	4.4	2:32	3.1	3:58	-0.2	7:22	4:55	
25	Fri	9:16	6.2	11:58	4.6	3:17	3.3	4:33	-0.6	7:23	4:56	
26	Sat	9:56	6.4			3:59	3.4	5:10	-0.8	7:23	4:57	
27	Sun	12:37	4.7	10:37 AM	6.5	4:40	3.4	5:48	-1.1	7:23	4:57	
28	Mon	1:15	4.7	11:20 AM	6.5	5:23	3.4	6:27	-1.2	7:24	4:58	
29	Tue	1:53	4.8	12:04	6.4	6:08	3.2	7:07	-1.1	7:24	4:59	
30	Wed	2:31	4.9	12:51	6.1	6:59	3.1	7:48	-0.9	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	3:09	5.0	1:44	5.7	7:58	2.9	8:27	-0.5	7:24	5:00	