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# Alcatraz Island, CA - Jun 1796

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 8:01 | 4.1 | 8:20 | 5.8 | 2:02 | 1.2 | 1:36 | 1.0 | 4:55 | 7:33 | |
| 2 | Thu | 9:11 | 4.3 | 8:57 | 6.2 | 2:49 | 0.4 | 2:24 | 1.3 | 4:54 | 7:33 | |
| 3 | Fri | 10:16 | 4.5 | 9:36 | 6.6 | 3:34 | -0.4 | 3:12 | 1.7 | 4:54 | 7:34 | |
| 4 | Sat | 11:17 | 4.7 | 10:17 | 6.8 | 4:21 | -1.0 | 4:00 | 2.1 | 4:54 | 7:35 | |
| 5 | Sun | | | 12:15 | 4.9 | 5:08 | -1.5 | 4:50 | 2.4 | 4:54 | 7:35 | |
| 6 | Mon | | | 1:11 | 5.0 | 5:57 | -1.8 | 5:42 | 2.6 | 4:53 | 7:36 | |
| 7 | Tue | | | 2:06 | 5.0 | 6:47 | -1.8 | 6:39 | 2.8 | 4:53 | 7:36 | |
| 8 | Wed | 12:39 | 6.6 | 3:01 | 5.1 | 7:39 | -1.6 | 7:41 | 2.9 | 4:53 | 7:37 | |
| 9 | Thu | 1:33 | 6.2 | 3:57 | 5.1 | 8:33 | -1.3 | 8:53 | 2.8 | 4:53 | 7:37 | |
| 10 | Fri | 2:32 | 5.7 | 4:52 | 5.2 | 9:28 | -0.8 | 10:12 | 2.6 | 4:53 | 7:38 | |
| 11 | Sat | 3:37 | 5.1 | 5:45 | 5.3 | 10:25 | -0.3 | 11:31 | 2.3 | 4:53 | 7:38 | |
| 12 | Sun | 4:51 | 4.5 | 6:34 | 5.5 | 11:22 | 0.2 | | | 4:53 | 7:39 | |
| 13 | Mon | 6:13 | 4.1 | 7:18 | 5.7 | 12:43 | 1.8 | 12:17 | 0.7 | 4:53 | 7:39 | |
| 14 | Tue | 7:35 | 3.9 | 7:58 | 5.8 | 1:44 | 1.2 | 1:08 | 1.2 | 4:53 | 7:40 | |
| 15 | Wed | 8:50 | 4.0 | 8:33 | 5.9 | 2:36 | 0.7 | 1:57 | 1.7 | 4:53 | 7:40 | |
| 16 | Thu | 9:54 | 4.1 | 9:06 | 6.0 | 3:21 | 0.3 | 2:41 | 2.1 | 4:53 | 7:40 | |
| 17 | Fri | 10:49 | 4.2 | 9:37 | 6.0 | 4:00 | -0.1 | 3:23 | 2.5 | 4:53 | 7:41 | |
| 18 | Sat | 11:37 | 4.4 | 10:08 | 6.0 | 4:36 | -0.3 | 4:04 | 2.8 | 4:53 | 7:41 | |
| 19 | Sun | | | 12:21 | 4.5 | 5:10 | -0.5 | 4:42 | 3.0 | 4:54 | 7:41 | |
| 20 | Mon | | | 1:01 | 4.5 | 5:43 | -0.6 | 5:20 | 3.1 | 4:54 | 7:41 | |
| 21 | Tue | | | 1:39 | 4.6 | 6:16 | -0.6 | 5:58 | 3.2 | 4:54 | 7:41 | |
| 22 | Wed | | | 2:16 | 4.6 | 6:50 | -0.6 | 6:38 | 3.2 | 4:54 | 7:42 | |
| 23 | Thu | 12:25 | 5.7 | 2:53 | 4.6 | 7:25 | -0.6 | 7:21 | 3.2 | 4:55 | 7:42 | |
| 24 | Fri | 1:04 | 5.5 | 3:31 | 4.7 | 8:03 | -0.5 | 8:12 | 3.2 | 4:55 | 7:42 | |
| 25 | Sat | 1:47 | 5.2 | 4:10 | 4.8 | 8:43 | -0.3 | 9:12 | 3.1 | 4:55 | 7:42 | |
| 26 | Sun | 2:38 | 4.8 | 4:51 | 5.0 | 9:27 | 0.0 | 10:21 | 2.8 | 4:56 | 7:42 | |
| 27 | Mon | 3:39 | 4.4 | 5:31 | 5.2 | 10:14 | 0.4 | 11:32 | 2.3 | 4:56 | 7:42 | |
| 28 | Tue | 4:56 | 4.1 | 6:12 | 5.5 | 11:06 | 0.8 | | | 4:56 | 7:42 | |
| 29 | Wed | 6:25 | 3.9 | 6:53 | 5.9 | 12:36 | 1.6 | 12:00 | 1.3 | 4:57 | 7:42 | |
| 30 | Thu | 7:53 | 4.0 | 7:35 | 6.3 | 1:34 | 0.9 | 12:55 | 1.8 | 4:57 | 7:42 | |