

Alcatraz Island, CA - Jun 1830

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:34	3.9	8:35	5.5	2:31	1.0	1:57	1.5	4:55	7:32	
2	Wed	9:33	4.0	9:06	5.7	3:13	0.6	2:39	1.8	4:55	7:33	
3	Thu	10:24	4.1	9:36	5.8	3:50	0.2	3:18	2.1	4:55	7:33	
4	Fri	11:10	4.3	10:08	5.9	4:24	-0.1	3:56	2.3	4:54	7:34	
5	Sat	11:53	4.4	10:40	5.9	4:57	-0.3	4:32	2.5	4:54	7:35	
6	Sun			12:35	4.5	5:30	-0.5	5:09	2.7	4:54	7:35	
7	Mon			1:16	4.6	6:04	-0.7	5:48	2.8	4:54	7:36	
8	Tue			1:57	4.6	6:40	-0.8	6:30	2.8	4:53	7:36	
9	Wed	12:30	5.8	2:40	4.7	7:19	-0.8	7:18	2.9	4:53	7:37	
10	Thu	1:12	5.6	3:25	4.8	8:01	-0.7	8:13	2.9	4:53	7:37	
11	Fri	2:00	5.3	4:11	4.9	8:47	-0.5	9:19	2.7	4:53	7:38	
12	Sat	2:58	4.9	4:59	5.1	9:37	-0.2	10:34	2.4	4:53	7:38	
13	Sun	4:07	4.5	5:46	5.4	10:32	0.1	11:49	1.9	4:53	7:39	
14	Mon	5:28	4.2	6:34	5.7	11:29	0.6			4:53	7:39	
15	Tue	6:54	4.1	7:20	6.1	12:56	1.2	12:27	1.0	4:53	7:39	
16	Wed	8:14	4.2	8:05	6.4	1:55	0.5	1:24	1.4	4:53	7:40	
17	Thu	9:25	4.4	8:51	6.7	2:49	-0.2	2:20	1.7	4:53	7:40	
18	Fri	10:28	4.7	9:36	6.8	3:39	-0.7	3:13	2.0	4:53	7:41	
19	Sat	11:25	4.9	10:22	6.8	4:27	-1.1	4:06	2.2	4:53	7:41	
20	Sun			12:18	5.0	5:13	-1.3	4:59	2.4	4:54	7:41	
21	Mon			1:07	5.1	5:59	-1.3	5:51	2.5	4:54	7:41	
22	Tue			1:55	5.2	6:43	-1.2	6:46	2.6	4:54	7:41	
23	Wed	12:39	6.1	2:42	5.2	7:28	-0.9	7:42	2.6	4:54	7:42	
24	Thu	1:26	5.7	3:28	5.2	8:12	-0.6	8:43	2.6	4:55	7:42	
25	Fri	2:16	5.2	4:13	5.2	8:57	-0.1	9:49	2.5	4:55	7:42	
26	Sat	3:10	4.6	4:58	5.2	9:43	0.4	10:58	2.3	4:55	7:42	
27	Sun	4:13	4.1	5:42	5.3	10:32	0.9			4:56	7:42	
28	Mon	5:28	3.8	6:24	5.4	12:05	2.0	11:24 AM	1.4	4:56	7:42	
29	Tue	6:52	3.6	7:04	5.5	1:05	1.6	12:18	1.8	4:56	7:42	
30	Wed	8:11	3.7	7:43	5.7	1:57	1.1	1:09	2.1	4:57	7:42	