

Alcatraz Island, CA - Aug 1840

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:23	5.6	2:36	5.7	7:43	0.1	8:24	1.7	5:20	7:25	
2	Sun	2:17	5.0	3:12	5.7	8:21	0.8	9:25	1.6	5:20	7:24	
3	Mon	3:20	4.4	3:49	5.7	9:01	1.6	10:30	1.4	5:21	7:23	
4	Tue	4:38	3.9	4:29	5.7	9:46	2.3	11:38	1.2	5:22	7:22	
5	Wed	6:21	3.7	5:15	5.7	10:42	2.9			5:23	7:21	
6	Thu	8:07	3.9	6:06	5.7	12:45	0.9	11:55 AM	3.3	5:24	7:20	
7	Fri	9:18	4.2	7:00	5.7	1:45	0.7	1:07	3.5	5:25	7:19	
8	Sat	10:05	4.4	7:53	5.9	2:36	0.4	2:07	3.5	5:26	7:17	
9	Sun	10:41	4.5	8:41	6.0	3:20	0.1	2:56	3.4	5:26	7:16	
10	Mon	11:11	4.6	9:25	6.1	3:58	-0.1	3:37	3.2	5:27	7:15	
11	Tue	11:38	4.7	10:07	6.2	4:32	-0.2	4:15	3.0	5:28	7:14	
12	Wed			12:03	4.8	5:03	-0.3	4:51	2.7	5:29	7:13	
13	Thu			12:29	5.0	5:33	-0.3	5:28	2.4	5:30	7:12	
14	Fri			12:54	5.2	6:02	-0.2	6:07	2.1	5:31	7:10	
15	Sat	12:09	5.7	1:21	5.4	6:32	0.1	6:50	1.8	5:32	7:09	
16	Sun	12:55	5.4	1:49	5.6	7:03	0.5	7:37	1.5	5:32	7:08	
17	Mon	1:47	5.0	2:20	5.9	7:37	1.1	8:30	1.2	5:33	7:06	
18	Tue	2:48	4.5	2:56	6.0	8:14	1.7	9:32	0.9	5:34	7:05	
19	Wed	4:08	4.1	3:40	6.1	8:58	2.4	10:43	0.7	5:35	7:04	
20	Thu	5:48	3.9	4:35	6.2	9:55	3.0			5:36	7:03	
21	Fri	7:32	4.0	5:40	6.3	12:00	0.3	11:13 AM	3.4	5:37	7:01	
22	Sat	8:46	4.4	6:49	6.4	1:13	0.0	12:39	3.4	5:38	7:00	
23	Sun	9:37	4.7	7:56	6.6	2:16	-0.4	1:53	3.2	5:39	6:58	
24	Mon	10:19	4.9	8:56	6.7	3:10	-0.6	2:54	2.8	5:39	6:57	
25	Tue	10:57	5.2	9:52	6.6	3:57	-0.8	3:48	2.4	5:40	6:56	
26	Wed	11:32	5.4	10:44	6.5	4:39	-0.7	4:39	2.0	5:41	6:54	
27	Thu			12:05	5.6	5:17	-0.4	5:27	1.6	5:42	6:53	
28	Fri			12:37	5.7	5:54	0.0	6:14	1.3	5:43	6:51	
29	Sat	12:24	5.7	1:08	5.8	6:29	0.5	7:01	1.1	5:44	6:50	
30	Sun	1:15	5.2	1:38	5.8	7:03	1.1	7:49	1.0	5:45	6:48	
31	Mon	2:09	4.7	2:09	5.8	7:38	1.8	8:39	1.0	5:45	6:47	