

Alcatraz Island, CA - Jun 1869

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:54	4.3	6:14	4.8	10:45	0.3			4:55	7:32	
2	Wed	5:03	4.0	6:55	4.9	12:06	2.5	11:38 AM	0.7	4:55	7:33	
3	Thu	6:20	3.8	7:31	5.1	1:06	2.1	12:29	1.0	4:55	7:34	
4	Fri	7:34	3.7	8:03	5.3	1:57	1.6	1:16	1.3	4:54	7:34	
5	Sat	8:41	3.8	8:34	5.6	2:40	1.1	2:00	1.6	4:54	7:35	
6	Sun	9:40	4.0	9:06	5.8	3:18	0.6	2:41	1.9	4:54	7:36	
7	Mon	10:32	4.2	9:38	6.0	3:54	0.1	3:20	2.1	4:54	7:36	
8	Tue	11:21	4.3	10:12	6.1	4:28	-0.3	3:59	2.4	4:53	7:37	
9	Wed			12:08	4.5	5:03	-0.6	4:40	2.6	4:53	7:37	
10	Thu			12:54	4.6	5:41	-0.9	5:22	2.7	4:53	7:38	
11	Fri			1:40	4.7	6:20	-1.1	6:07	2.8	4:53	7:38	
12	Sat	12:09	6.2	2:27	4.8	7:03	-1.2	6:58	2.9	4:53	7:39	
13	Sun	12:55	6.1	3:15	4.9	7:49	-1.1	7:56	2.9	4:53	7:39	
14	Mon	1:46	5.8	4:05	5.0	8:38	-0.9	9:04	2.8	4:53	7:39	
15	Tue	2:45	5.3	4:55	5.2	9:31	-0.6	10:21	2.5	4:53	7:40	
16	Wed	3:53	4.9	5:45	5.4	10:26	-0.1	11:39	2.0	4:53	7:40	
17	Thu	5:13	4.4	6:33	5.7	11:24	0.4			4:53	7:40	
18	Fri	6:39	4.2	7:19	6.1	12:50	1.4	12:22	0.9	4:53	7:41	
19	Sat	8:02	4.2	8:04	6.3	1:51	0.7	1:18	1.3	4:54	7:41	
20	Sun	9:16	4.3	8:47	6.5	2:46	0.0	2:12	1.7	4:54	7:41	
21	Mon	10:21	4.5	9:29	6.6	3:35	-0.5	3:04	2.1	4:54	7:41	
22	Tue	11:18	4.7	10:10	6.6	4:21	-0.8	3:54	2.4	4:54	7:42	
23	Wed			12:09	4.8	5:04	-1.0	4:44	2.6	4:55	7:42	
24	Thu			12:57	4.9	5:46	-1.1	5:32	2.8	4:55	7:42	
25	Fri			1:42	4.9	6:26	-1.0	6:21	2.9	4:55	7:42	
26	Sat	12:12	6.0	2:25	4.9	7:06	-0.8	7:10	3.0	4:55	7:42	
27	Sun	12:53	5.7	3:07	4.9	7:46	-0.6	8:02	3.0	4:56	7:42	
28	Mon	1:35	5.3	3:47	4.9	8:26	-0.2	9:00	2.9	4:56	7:42	
29	Tue	2:20	4.9	4:27	4.9	9:07	0.2	10:04	2.8	4:57	7:42	
30	Wed	3:13	4.4	5:07	5.0	9:51	0.6	11:12	2.5	4:57	7:42	