

Alcatraz Island, CA - May 1890

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:15	4.5	9:48	5.3	3:21	1.2	3:10	0.7	5:13	7:00	
2	Fri	10:07	4.5	10:15	5.5	3:56	0.7	3:44	1.0	5:12	7:00	
3	Sat	10:58	4.6	10:44	5.8	4:32	0.2	4:19	1.3	5:10	7:01	
4	Sun	11:49	4.6	11:14	6.0	5:08	-0.3	4:55	1.7	5:09	7:02	
5	Mon			12:42	4.6	5:48	-0.8	5:33	2.1	5:08	7:03	
6	Tue			1:38	4.6	6:31	-1.1	6:15	2.4	5:07	7:04	
7	Wed	12:26	6.2	2:37	4.5	7:18	-1.2	7:02	2.8	5:06	7:05	
8	Thu	1:10	6.1	3:40	4.5	8:10	-1.2	7:59	3.0	5:05	7:06	
9	Fri	2:01	5.8	4:47	4.5	9:08	-1.0	9:13	3.2	5:04	7:07	
10	Sat	3:02	5.5	5:52	4.6	10:11	-0.8	10:44	3.0	5:03	7:08	
11	Sun	4:15	5.1	6:49	4.9	11:18	-0.6			5:02	7:09	
12	Mon	5:36	4.8	7:38	5.2	12:11	2.6	12:21	-0.3	5:01	7:09	
13	Tue	6:57	4.6	8:20	5.5	1:21	2.0	1:17	0.0	5:00	7:10	
14	Wed	8:11	4.6	8:57	5.8	2:20	1.3	2:07	0.3	4:59	7:11	
15	Thu	9:19	4.6	9:32	6.0	3:11	0.6	2:53	0.7	4:59	7:12	
16	Fri	10:20	4.6	10:05	6.1	3:57	0.0	3:35	1.2	4:58	7:13	
17	Sat	11:16	4.6	10:37	6.1	4:39	-0.4	4:17	1.7	4:57	7:14	
18	Sun			12:10	4.6	5:19	-0.7	4:57	2.1	4:56	7:15	
19	Mon			1:02	4.6	5:57	-0.8	5:38	2.5	4:55	7:16	
20	Tue			1:52	4.5	6:35	-0.8	6:21	2.9	4:55	7:16	
21	Wed	12:12	5.8	2:42	4.5	7:13	-0.7	7:05	3.1	4:54	7:17	
22	Thu	12:47	5.5	3:34	4.4	7:54	-0.6	7:56	3.3	4:53	7:18	
23	Fri	1:26	5.3	4:27	4.4	8:38	-0.4	8:57	3.3	4:53	7:19	
24	Sat	2:10	4.9	5:19	4.4	9:25	-0.1	10:10	3.3	4:52	7:20	
25	Sun	3:03	4.6	6:06	4.5	10:17	0.1	11:26	3.0	4:52	7:20	
26	Mon	4:07	4.3	6:47	4.6	11:11	0.4			4:51	7:21	
27	Tue	5:20	4.0	7:21	4.8	12:31	2.6	12:03	0.6	4:50	7:22	
28	Wed	6:36	3.9	7:53	5.1	1:25	2.1	12:50	0.8	4:50	7:23	
29	Thu	7:49	3.9	8:23	5.4	2:10	1.5	1:34	1.1	4:49	7:23	
30	Fri	8:56	4.0	8:53	5.7	2:50	0.9	2:16	1.4	4:49	7:24	
31	Sat	9:57	4.2	9:25	6.0	3:29	0.2	2:58	1.8	4:49	7:25	