

Alcatraz Island, CA - Jul 1930

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:40	5.5	4:35	5.5	9:22	-0.5	10:16	2.2	4:50	7:35	
2	Wed	3:49	4.8	5:20	5.7	10:12	0.2	11:34	1.7	4:51	7:35	
3	Thu	5:12	4.2	6:05	6.0	11:04	0.9			4:51	7:35	
4	Fri	6:45	3.9	6:49	6.2	12:46	1.0	11:59 AM	1.6	4:52	7:35	
5	Sat	8:17	3.9	7:33	6.3	1:48	0.4	12:55	2.3	4:52	7:35	
6	Sun	9:35	4.1	8:15	6.4	2:43	0.0	1:52	2.7	4:53	7:34	
7	Mon	10:38	4.4	8:57	6.4	3:30	-0.4	2:46	3.1	4:53	7:34	
8	Tue	11:29	4.6	9:37	6.4	4:13	-0.6	3:37	3.3	4:54	7:34	
9	Wed			12:14	4.7	4:53	-0.7	4:24	3.4	4:55	7:34	
10	Thu			12:53	4.7	5:30	-0.7	5:07	3.4	4:55	7:33	
11	Fri			1:29	4.7	6:05	-0.7	5:48	3.3	4:56	7:33	
12	Sat			2:01	4.7	6:39	-0.6	6:28	3.2	4:57	7:33	
13	Sun	12:10	5.8	2:31	4.7	7:12	-0.5	7:09	3.1	4:57	7:32	
14	Mon	12:48	5.5	3:00	4.8	7:44	-0.2	7:55	3.0	4:58	7:32	
15	Tue	1:28	5.2	3:29	4.9	8:17	0.1	8:47	2.8	4:59	7:31	
16	Wed	2:13	4.7	4:00	5.0	8:51	0.5	9:46	2.6	4:59	7:31	
17	Thu	3:06	4.3	4:32	5.2	9:27	1.0	10:51	2.2	5:00	7:30	
18	Fri	4:16	3.8	5:08	5.5	10:07	1.6	11:56	1.7	5:01	7:30	
19	Sat	5:50	3.5	5:48	5.7	10:54	2.2			5:02	7:29	
20	Sun	7:35	3.6	6:31	6.0	12:56	1.1	11:51 AM	2.7	5:02	7:28	
21	Mon	9:02	3.9	7:19	6.3	1:50	0.4	12:53	3.1	5:03	7:28	
22	Tue	10:06	4.2	8:10	6.6	2:42	-0.2	1:55	3.3	5:04	7:27	
23	Wed	10:57	4.5	9:03	6.9	3:31	-0.8	2:53	3.3	5:05	7:26	
24	Thu	11:41	4.8	9:56	7.1	4:19	-1.2	3:48	3.2	5:05	7:26	
25	Fri			12:22	5.0	5:06	-1.5	4:42	3.0	5:06	7:25	
26	Sat			1:02	5.1	5:52	-1.5	5:37	2.7	5:07	7:24	
27	Sun			1:42	5.3	6:37	-1.4	6:34	2.4	5:08	7:23	
28	Mon	12:37	6.6	2:21	5.5	7:21	-1.0	7:35	2.1	5:09	7:22	
29	Tue	1:33	6.0	3:01	5.7	8:04	-0.4	8:40	1.8	5:10	7:21	
30	Wed	2:34	5.3	3:43	5.9	8:48	0.3	9:50	1.5	5:10	7:21	
31	Thu	3:45	4.6	4:27	6.0	9:34	1.1	11:04	1.1	5:11	7:20	