

Alcatraz Island, CA - Aug 1930

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:11	4.1	5:14	6.1	10:26	1.9			5:12	7:19	
2	Sat	6:53	3.9	6:04	6.2	12:17	0.8	11:28 AM	2.6	5:13	7:18	
3	Sun	8:27	4.1	6:56	6.2	1:24	0.4	12:38	3.1	5:14	7:17	
4	Mon	9:37	4.4	7:48	6.2	2:22	0.1	1:45	3.3	5:15	7:16	
5	Tue	10:29	4.7	8:37	6.2	3:12	-0.1	2:44	3.4	5:15	7:15	
6	Wed	11:11	4.8	9:23	6.2	3:56	-0.3	3:33	3.3	5:16	7:14	
7	Thu	11:47	4.9	10:04	6.2	4:34	-0.3	4:16	3.2	5:17	7:13	
8	Fri			12:18	4.8	5:09	-0.3	4:54	3.0	5:18	7:11	
9	Sat			12:46	4.8	5:41	-0.3	5:30	2.9	5:19	7:10	
10	Sun			1:11	4.9	6:10	-0.2	6:05	2.7	5:20	7:09	
11	Mon			1:34	5.0	6:38	0.0	6:42	2.5	5:21	7:08	
12	Tue	12:34	5.5	1:59	5.1	7:06	0.3	7:22	2.3	5:22	7:07	
13	Wed	1:14	5.1	2:24	5.2	7:34	0.7	8:06	2.1	5:22	7:06	
14	Thu	1:58	4.7	2:53	5.4	8:04	1.2	8:56	1.9	5:23	7:04	
15	Fri	2:53	4.3	3:25	5.5	8:37	1.7	9:54	1.6	5:24	7:03	
16	Sat	4:08	3.9	4:04	5.7	9:16	2.3	11:01	1.3	5:25	7:02	
17	Sun	5:50	3.7	4:51	5.8	10:07	2.9			5:26	7:01	
18	Mon	7:40	3.8	5:48	6.0	12:12	0.8	11:18 AM	3.3	5:27	6:59	
19	Tue	8:57	4.2	6:50	6.3	1:18	0.3	12:38	3.5	5:28	6:58	
20	Wed	9:49	4.5	7:53	6.6	2:18	-0.2	1:48	3.4	5:28	6:57	
21	Thu	10:30	4.8	8:52	6.8	3:11	-0.7	2:48	3.1	5:29	6:55	
22	Fri	11:08	5.0	9:49	7.0	3:59	-1.0	3:42	2.7	5:30	6:54	
23	Sat	11:44	5.2	10:44	7.0	4:44	-1.1	4:35	2.3	5:31	6:53	
24	Sun			12:20	5.5	5:27	-1.0	5:28	1.8	5:32	6:51	
25	Mon			12:56	5.7	6:08	-0.7	6:21	1.4	5:33	6:50	
26	Tue	12:33	6.3	1:32	5.9	6:49	-0.1	7:17	1.1	5:34	6:48	
27	Wed	1:30	5.7	2:09	6.1	7:29	0.6	8:15	0.9	5:34	6:47	
28	Thu	2:33	5.1	2:49	6.1	8:11	1.3	9:18	0.7	5:35	6:46	
29	Fri	3:46	4.5	3:32	6.1	8:58	2.1	10:27	0.7	5:36	6:44	
30	Sat	5:16	4.2	4:22	5.9	9:56	2.8	11:40	0.6	5:37	6:43	
31	Sun	6:58	4.2	5:20	5.8	11:13	3.3			5:38	6:41	