

Alcatraz Island, CA - Aug 1954

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:25	5.8	2:49	5.4	7:54	-0.1	8:17	2.0	6:12	8:19	
2	Mon	2:10	5.3	3:20	5.4	8:28	0.4	9:06	1.9	6:13	8:18	
3	Tue	2:57	4.8	3:50	5.5	9:01	1.0	9:58	1.8	6:14	8:17	
4	Wed	3:51	4.3	4:23	5.5	9:36	1.6	10:56	1.6	6:15	8:16	
5	Thu	4:56	3.9	5:00	5.5	10:14	2.2			6:16	8:15	
6	Fri	6:25	3.6	5:44	5.5	12:01	1.5	11:02 AM	2.8	6:17	8:13	
7	Sat	8:15	3.6	6:35	5.6	1:08	1.3	12:07	3.2	6:17	8:12	
8	Sun	9:41	3.9	7:31	5.7	2:11	1.0	1:24	3.4	6:18	8:11	
9	Mon	10:32	4.1	8:26	5.9	3:05	0.6	2:30	3.4	6:19	8:10	
10	Tue	11:09	4.4	9:17	6.1	3:50	0.2	3:22	3.3	6:20	8:09	
11	Wed	11:41	4.6	10:05	6.2	4:30	-0.1	4:08	3.1	6:21	8:08	
12	Thu			12:10	4.8	5:07	-0.3	4:49	2.8	6:22	8:07	
13	Fri			12:39	5.0	5:42	-0.5	5:31	2.5	6:23	8:05	
14	Sat			1:08	5.2	6:16	-0.5	6:15	2.1	6:23	8:04	
15	Sun	12:23	6.3	1:39	5.5	6:50	-0.4	7:00	1.7	6:24	8:03	
16	Mon	1:12	6.0	2:11	5.8	7:26	0.0	7:50	1.3	6:25	8:02	
17	Tue	2:04	5.6	2:45	6.0	8:03	0.5	8:43	1.0	6:26	8:00	
18	Wed	3:02	5.1	3:23	6.2	8:42	1.1	9:42	0.8	6:27	7:59	
19	Thu	4:10	4.6	4:06	6.3	9:26	1.8	10:49	0.6	6:28	7:58	
20	Fri	5:32	4.2	4:57	6.4	10:18	2.4			6:29	7:56	
21	Sat	7:08	4.1	5:57	6.3	12:04	0.4	11:25 AM	2.9	6:30	7:55	
22	Sun	8:39	4.3	7:05	6.3	1:22	0.2	12:48	3.2	6:30	7:54	
23	Mon	9:46	4.6	8:12	6.3	2:31	0.0	2:08	3.1	6:31	7:52	
24	Tue	10:36	4.8	9:15	6.4	3:30	-0.2	3:15	2.9	6:32	7:51	
25	Wed	11:18	5.1	10:10	6.3	4:19	-0.3	4:10	2.6	6:33	7:50	
26	Thu	11:55	5.2	11:01	6.2	5:02	-0.3	5:00	2.2	6:34	7:48	
27	Fri			12:29	5.4	5:40	-0.2	5:45	1.9	6:35	7:47	
28	Sat			12:59	5.5	6:14	0.1	6:27	1.7	6:36	7:45	
29	Sun	12:32	5.8	1:27	5.5	6:46	0.4	7:07	1.5	6:36	7:44	
30	Mon	1:16	5.4	1:54	5.6	7:17	0.8	7:47	1.3	6:37	7:42	
31	Tue	1:59	5.1	2:20	5.6	7:47	1.3	8:28	1.2	6:38	7:41	