

Alcatraz Island, CA - Jul 1956

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:07	3.6	6:36	5.6	12:27	1.8	11:37 AM	1.6	5:51	8:35	
2	Mon	7:40	3.6	7:21	5.9	1:30	1.3	12:33	2.1	5:51	8:35	
3	Tue	9:08	3.7	8:09	6.2	2:27	0.7	1:33	2.5	5:52	8:35	
4	Wed	10:20	4.0	8:58	6.5	3:19	0.0	2:33	2.7	5:52	8:35	
5	Thu	11:17	4.4	9:49	6.8	4:08	-0.6	3:31	2.8	5:53	8:35	
6	Fri			12:07	4.7	4:55	-1.1	4:27	2.7	5:53	8:34	
7	Sat			12:52	4.9	5:42	-1.4	5:22	2.6	5:54	8:34	
8	Sun			1:36	5.2	6:28	-1.5	6:18	2.4	5:55	8:34	
9	Mon	12:26	7.0	2:18	5.4	7:14	-1.5	7:15	2.2	5:55	8:33	
10	Tue	1:19	6.6	3:01	5.6	7:59	-1.2	8:14	2.0	5:56	8:33	
11	Wed	2:15	6.1	3:44	5.8	8:44	-0.7	9:18	1.8	5:56	8:33	
12	Thu	3:13	5.5	4:28	5.9	9:29	-0.1	10:26	1.5	5:57	8:32	
13	Fri	4:18	4.8	5:14	6.0	10:17	0.6	11:39	1.3	5:58	8:32	
14	Sat	5:34	4.3	6:03	6.1	11:09	1.3			5:59	8:31	
15	Sun	7:03	3.9	6:54	6.1	12:52	1.0	12:08	2.0	5:59	8:31	
16	Mon	8:36	3.9	7:45	6.1	2:00	0.6	1:13	2.5	6:00	8:30	
17	Tue	9:54	4.1	8:36	6.2	3:00	0.3	2:17	2.8	6:01	8:30	
18	Wed	10:53	4.4	9:23	6.2	3:51	0.1	3:16	2.9	6:01	8:29	
19	Thu	11:41	4.6	10:07	6.2	4:35	-0.1	4:07	3.0	6:02	8:29	
20	Fri			12:21	4.7	5:14	-0.2	4:52	2.9	6:03	8:28	
21	Sat			12:55	4.8	5:49	-0.3	5:32	2.9	6:04	8:27	
22	Sun			1:25	4.8	6:21	-0.3	6:10	2.8	6:05	8:27	
23	Mon	12:03	6.0	1:53	4.9	6:51	-0.2	6:47	2.6	6:05	8:26	
24	Tue	12:40	5.8	2:19	5.0	7:20	-0.1	7:24	2.5	6:06	8:25	
25	Wed	1:17	5.6	2:46	5.1	7:49	0.1	8:04	2.4	6:07	8:24	
26	Thu	1:56	5.3	3:14	5.2	8:19	0.3	8:47	2.2	6:08	8:23	
27	Fri	2:39	4.9	3:45	5.4	8:51	0.7	9:35	2.0	6:09	8:23	
28	Sat	3:28	4.5	4:20	5.5	9:25	1.2	10:31	1.8	6:09	8:22	
29	Sun	4:30	4.1	4:59	5.7	10:05	1.7	11:36	1.5	6:10	8:21	
30	Mon	5:52	3.8	5:45	5.9	10:54	2.2			6:11	8:20	
31	Tue	7:30	3.7	6:39	6.1	12:45	1.1	11:56 AM	2.6	6:12	8:19	