

Alcatraz Island, CA - Jul 1957

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:26	6.0	4:06	5.6	8:59	-0.8	9:32	2.0	5:51	8:35	
2	Tue	3:25	5.4	4:52	5.8	9:46	-0.2	10:43	1.7	5:51	8:35	
3	Wed	4:32	4.8	5:39	6.0	10:36	0.4	11:58	1.4	5:52	8:35	
4	Thu	5:50	4.3	6:30	6.1	11:30	1.1			5:52	8:35	
5	Fri	7:20	4.0	7:21	6.3	1:12	0.9	12:31	1.7	5:53	8:35	
6	Sat	8:49	4.0	8:13	6.4	2:19	0.4	1:34	2.1	5:53	8:34	
7	Sun	10:05	4.2	9:03	6.5	3:18	0.0	2:37	2.5	5:54	8:34	
8	Mon	11:06	4.5	9:51	6.5	4:09	-0.3	3:35	2.7	5:54	8:34	
9	Tue	11:57	4.7	10:36	6.5	4:55	-0.6	4:28	2.7	5:55	8:34	
10	Wed			12:41	4.8	5:36	-0.6	5:17	2.8	5:56	8:33	
11	Thu			1:21	4.9	6:14	-0.6	6:02	2.7	5:56	8:33	
12	Fri			1:57	4.9	6:49	-0.6	6:44	2.7	5:57	8:32	
13	Sat	12:38	6.0	2:29	5.0	7:23	-0.4	7:26	2.6	5:58	8:32	
14	Sun	1:16	5.7	3:00	5.0	7:56	-0.2	8:09	2.6	5:58	8:32	
15	Mon	1:54	5.4	3:30	5.1	8:28	0.1	8:54	2.5	5:59	8:31	
16	Tue	2:35	5.0	4:00	5.1	9:01	0.5	9:43	2.3	6:00	8:31	
17	Wed	3:20	4.6	4:34	5.2	9:35	0.9	10:39	2.2	6:01	8:30	
18	Thu	4:15	4.1	5:11	5.4	10:13	1.4	11:42	2.0	6:01	8:29	
19	Fri	5:24	3.8	5:52	5.5	10:57	1.9			6:02	8:29	
20	Sat	6:52	3.6	6:38	5.7	12:48	1.6	11:49 AM	2.3	6:03	8:28	
21	Sun	8:26	3.6	7:28	5.9	1:49	1.2	12:51	2.7	6:04	8:27	
22	Mon	9:41	3.9	8:18	6.1	2:43	0.7	1:54	2.8	6:04	8:27	
23	Tue	10:38	4.2	9:09	6.4	3:32	0.2	2:53	2.9	6:05	8:26	
24	Wed	11:24	4.5	10:00	6.7	4:17	-0.3	3:48	2.8	6:06	8:25	
25	Thu			12:06	4.8	5:00	-0.7	4:39	2.6	6:07	8:24	
26	Fri			12:45	5.1	5:43	-1.0	5:31	2.4	6:08	8:24	
27	Sat			1:24	5.3	6:25	-1.1	6:23	2.1	6:08	8:23	
28	Sun	12:33	6.7	2:04	5.6	7:07	-1.0	7:16	1.8	6:09	8:22	
29	Mon	1:25	6.4	2:44	5.8	7:50	-0.6	8:13	1.5	6:10	8:21	
30	Tue	2:21	6.0	3:25	6.0	8:33	-0.1	9:14	1.3	6:11	8:20	
31	Wed	3:21	5.4	4:10	6.2	9:19	0.5	10:20	1.1	6:12	8:19	