

Alcatraz Island, CA - Jul 1960

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:58	4.2	6:23	5.4	11:11	0.9			5:51	8:35	
2	Sat	6:18	3.9	7:08	5.7	12:41	1.9	12:04	1.3	5:51	8:35	
3	Sun	7:46	3.8	7:53	6.0	1:43	1.3	1:02	1.7	5:52	8:35	
4	Mon	9:09	4.0	8:40	6.3	2:40	0.6	2:01	2.0	5:52	8:35	
5	Tue	10:19	4.3	9:28	6.7	3:32	0.0	2:58	2.2	5:53	8:35	
6	Wed	11:19	4.6	10:17	6.9	4:21	-0.6	3:55	2.4	5:53	8:34	
7	Thu			12:13	4.9	5:10	-1.1	4:50	2.4	5:54	8:34	
8	Fri			1:03	5.1	5:58	-1.4	5:44	2.4	5:55	8:34	
9	Sat			1:50	5.3	6:45	-1.5	6:40	2.3	5:55	8:33	
10	Sun	12:49	6.9	2:37	5.5	7:33	-1.4	7:37	2.2	5:56	8:33	
11	Mon	1:42	6.5	3:23	5.6	8:20	-1.1	8:38	2.1	5:57	8:33	
12	Tue	2:37	6.0	4:09	5.7	9:07	-0.6	9:43	2.0	5:57	8:32	
13	Wed	3:35	5.4	4:56	5.8	9:56	-0.1	10:53	1.9	5:58	8:32	
14	Thu	4:39	4.8	5:45	5.8	10:46	0.6			5:59	8:31	
15	Fri	5:54	4.3	6:35	5.8	12:07	1.6	11:41 AM	1.2	5:59	8:31	
16	Sat	7:20	4.0	7:24	5.9	1:18	1.3	12:40	1.8	6:00	8:30	
17	Sun	8:46	4.0	8:12	6.0	2:22	1.0	1:40	2.2	6:01	8:30	
18	Mon	9:58	4.2	8:57	6.0	3:17	0.6	2:38	2.5	6:01	8:29	
19	Tue	10:55	4.4	9:39	6.1	4:04	0.3	3:30	2.7	6:02	8:29	
20	Wed	11:42	4.5	10:18	6.1	4:45	0.1	4:17	2.8	6:03	8:28	
21	Thu			12:22	4.7	5:21	-0.1	4:59	2.8	6:04	8:27	
22	Fri			12:58	4.8	5:55	-0.2	5:38	2.8	6:05	8:27	
23	Sat			1:30	4.8	6:26	-0.2	6:16	2.7	6:05	8:26	
24	Sun	12:10	6.0	2:00	4.9	6:57	-0.2	6:52	2.7	6:06	8:25	
25	Mon	12:46	5.9	2:31	5.0	7:27	-0.2	7:30	2.6	6:07	8:24	
26	Tue	1:24	5.7	3:02	5.1	7:58	0.0	8:11	2.5	6:08	8:23	
27	Wed	2:04	5.4	3:34	5.2	8:31	0.2	8:57	2.3	6:09	8:23	
28	Thu	2:48	5.1	4:10	5.3	9:07	0.5	9:49	2.1	6:09	8:22	
29	Fri	3:39	4.7	4:49	5.5	9:47	0.9	10:50	1.9	6:10	8:21	
30	Sat	4:44	4.3	5:33	5.7	10:33	1.4	11:58	1.5	6:11	8:20	
31	Sun	6:06	4.0	6:22	5.9	11:28	1.9			6:12	8:19	