

Alcatraz Island, CA - May 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:42	5.5	4:33	4.0	8:50	-0.4	8:28	3.3	6:13	8:00	
2	Thu	2:20	5.3	5:34	4.0	9:35	-0.3	9:20	3.5	6:11	8:01	
3	Fri	3:05	5.1	6:38	4.0	10:28	-0.1	10:35	3.5	6:10	8:02	
4	Sat	4:00	4.8	7:32	4.2	11:26	-0.1			6:09	8:03	
5	Sun	5:08	4.6	8:12	4.4	12:06	3.3	12:26	0.0	6:08	8:03	
6	Mon	6:24	4.4	8:46	4.7	1:21	2.9	1:22	0.1	6:07	8:04	
7	Tue	7:42	4.4	9:16	5.0	2:19	2.3	2:12	0.2	6:06	8:05	
8	Wed	8:55	4.4	9:46	5.4	3:08	1.5	2:57	0.5	6:05	8:06	
9	Thu	10:04	4.5	10:17	5.9	3:54	0.7	3:41	0.8	6:04	8:07	
10	Fri	11:09	4.6	10:50	6.3	4:40	-0.2	4:23	1.3	6:03	8:08	
11	Sat			12:12	4.7	5:25	-0.9	5:07	1.8	6:02	8:09	
12	Sun			1:13	4.8	6:13	-1.5	5:52	2.3	6:01	8:10	
13	Mon	12:06	6.8	2:13	4.8	7:01	-1.8	6:40	2.7	6:00	8:11	
14	Tue	12:49	6.8	3:14	4.7	7:52	-1.8	7:33	2.9	5:59	8:11	
15	Wed	1:38	6.6	4:16	4.7	8:46	-1.7	8:34	3.1	5:59	8:12	
16	Thu	2:31	6.2	5:19	4.7	9:43	-1.3	9:48	3.2	5:58	8:13	
17	Fri	3:30	5.7	6:20	4.7	10:44	-0.9	11:15	3.0	5:57	8:14	
18	Sat	4:38	5.1	7:16	4.9	11:46	-0.5			5:56	8:15	
19	Sun	5:53	4.6	8:05	5.1	12:40	2.7	12:45	-0.1	5:55	8:16	
20	Mon	7:14	4.2	8:46	5.3	1:54	2.1	1:39	0.3	5:55	8:17	
21	Tue	8:32	4.0	9:20	5.5	2:54	1.5	2:27	0.8	5:54	8:17	
22	Wed	9:44	4.0	9:50	5.6	3:44	0.9	3:10	1.3	5:53	8:18	
23	Thu	10:47	4.0	10:17	5.7	4:27	0.4	3:49	1.7	5:53	8:19	
24	Fri	11:44	4.1	10:43	5.8	5:05	0.0	4:27	2.2	5:52	8:20	
25	Sat			12:35	4.2	5:39	-0.3	5:03	2.6	5:52	8:21	
26	Sun			1:23	4.3	6:12	-0.5	5:39	2.9	5:51	8:21	
27	Mon			2:07	4.3	6:44	-0.6	6:15	3.1	5:51	8:22	
28	Tue	12:07	5.8	2:50	4.3	7:17	-0.7	6:52	3.3	5:50	8:23	
29	Wed	12:41	5.8	3:33	4.3	7:53	-0.7	7:31	3.4	5:50	8:24	
30	Thu	1:18	5.7	4:17	4.3	8:31	-0.7	8:15	3.4	5:49	8:24	
31	Fri	1:58	5.5	5:01	4.3	9:12	-0.6	9:08	3.4	5:49	8:25	