

Alcatraz Island, CA - Jun 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:43	5.2	5:45	4.4	9:57	-0.5	10:14	3.3	5:48	8:26	
2	Sun	3:35	4.9	6:27	4.6	10:45	-0.3	11:30	3.1	5:48	8:26	
3	Mon	4:37	4.6	7:05	4.8	11:34	0.0			5:48	8:27	
4	Tue	5:53	4.2	7:41	5.2	12:44	2.5	12:25	0.4	5:47	8:27	
5	Wed	7:19	4.0	8:16	5.6	1:48	1.8	1:16	0.8	5:47	8:28	
6	Thu	8:46	4.0	8:51	6.0	2:43	0.9	2:06	1.3	5:47	8:29	
7	Fri	10:06	4.1	9:29	6.4	3:34	0.1	2:56	1.9	5:47	8:29	
8	Sat	11:17	4.3	10:10	6.8	4:23	-0.7	3:47	2.3	5:47	8:30	
9	Sun			12:21	4.6	5:12	-1.4	4:38	2.7	5:47	8:30	
10	Mon			1:19	4.7	6:01	-1.8	5:31	3.0	5:46	8:31	
11	Tue			2:14	4.9	6:51	-1.9	6:26	3.1	5:46	8:31	
12	Wed	12:32	6.9	3:06	4.9	7:41	-1.9	7:24	3.1	5:46	8:32	
13	Thu	1:24	6.7	3:57	4.9	8:32	-1.6	8:28	3.1	5:46	8:32	
14	Fri	2:18	6.2	4:47	5.0	9:23	-1.3	9:38	3.0	5:46	8:33	
15	Sat	3:14	5.6	5:36	5.1	10:14	-0.8	10:54	2.7	5:46	8:33	
16	Sun	4:16	5.0	6:23	5.2	11:04	-0.2			5:46	8:33	
17	Mon	5:26	4.3	7:06	5.3	12:12	2.4	11:54 AM	0.4	5:47	8:34	
18	Tue	6:48	3.9	7:46	5.5	1:24	1.9	12:44	1.0	5:47	8:34	
19	Wed	8:17	3.6	8:22	5.7	2:26	1.3	1:34	1.6	5:47	8:34	
20	Thu	9:41	3.7	8:55	5.8	3:18	0.8	2:22	2.2	5:47	8:34	
21	Fri	10:51	3.9	9:27	5.9	4:03	0.3	3:09	2.6	5:47	8:35	
22	Sat	11:48	4.1	10:00	6.0	4:43	0.0	3:54	3.0	5:48	8:35	
23	Sun			12:37	4.3	5:19	-0.3	4:37	3.2	5:48	8:35	
24	Mon			1:19	4.4	5:54	-0.5	5:18	3.4	5:48	8:35	
25	Tue			1:57	4.5	6:28	-0.6	5:57	3.4	5:48	8:35	
26	Wed			2:33	4.5	7:02	-0.7	6:36	3.4	5:49	8:35	
27	Thu	12:25	6.0	3:07	4.6	7:36	-0.8	7:16	3.4	5:49	8:35	
28	Fri	1:04	5.9	3:42	4.6	8:11	-0.8	8:00	3.3	5:50	8:35	
29	Sat	1:45	5.7	4:16	4.7	8:48	-0.7	8:51	3.2	5:50	8:35	
30	Sun	2:29	5.4	4:51	4.9	9:26	-0.5	9:49	2.9	5:50	8:35	