

Alcatraz Island, CA - Jul 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:19	5.0	5:26	5.1	10:06	-0.1	10:57	2.6	5:51	8:35	
2	Tue	4:21	4.5	6:03	5.4	10:49	0.4			5:51	8:35	
3	Wed	5:39	4.0	6:41	5.7	12:08	2.0	11:36 AM	1.0	5:52	8:35	
4	Thu	7:15	3.8	7:22	6.1	1:17	1.3	12:28	1.7	5:52	8:35	
5	Fri	8:54	3.8	8:07	6.5	2:19	0.5	1:25	2.3	5:53	8:35	
6	Sat	10:19	4.1	8:55	6.8	3:16	-0.2	2:25	2.8	5:53	8:34	
7	Sun	11:26	4.4	9:46	7.0	4:10	-0.9	3:26	3.1	5:54	8:34	
8	Mon			12:22	4.7	5:02	-1.3	4:25	3.2	5:55	8:34	
9	Tue			1:12	4.9	5:51	-1.6	5:23	3.2	5:55	8:33	
10	Wed			1:57	5.0	6:40	-1.6	6:19	3.0	5:56	8:33	
11	Thu	12:23	6.9	2:41	5.1	7:27	-1.5	7:16	2.9	5:57	8:33	
12	Fri	1:14	6.6	3:22	5.2	8:11	-1.2	8:14	2.7	5:57	8:32	
13	Sat	2:05	6.1	4:03	5.3	8:54	-0.8	9:15	2.5	5:58	8:32	
14	Sun	2:57	5.5	4:42	5.3	9:36	-0.2	10:21	2.3	5:59	8:31	
15	Mon	3:54	4.8	5:21	5.4	10:18	0.5	11:30	2.1	5:59	8:31	
16	Tue	5:01	4.2	5:59	5.5	11:01	1.2			6:00	8:30	
17	Wed	6:25	3.7	6:38	5.6	12:39	1.7	11:48 AM	1.9	6:01	8:30	
18	Thu	8:07	3.6	7:19	5.7	1:45	1.3	12:42	2.5	6:02	8:29	
19	Fri	9:41	3.8	8:01	5.8	2:42	0.9	1:42	3.0	6:02	8:29	
20	Sat	10:50	4.1	8:44	5.9	3:32	0.5	2:41	3.3	6:03	8:28	
21	Sun	11:40	4.3	9:27	6.0	4:16	0.2	3:35	3.4	6:04	8:27	
22	Mon			12:19	4.5	4:56	-0.1	4:21	3.5	6:05	8:27	
23	Tue			12:54	4.6	5:33	-0.3	5:03	3.4	6:05	8:26	
24	Wed			1:25	4.7	6:07	-0.5	5:41	3.3	6:06	8:25	
25	Thu			1:55	4.8	6:40	-0.6	6:19	3.1	6:07	8:24	
26	Fri	12:12	6.2	2:24	4.8	7:12	-0.7	6:59	2.9	6:08	8:23	
27	Sat	12:53	6.1	2:53	5.0	7:44	-0.6	7:42	2.7	6:09	8:23	
28	Sun	1:35	5.9	3:23	5.2	8:17	-0.4	8:31	2.4	6:09	8:22	
29	Mon	2:21	5.5	3:54	5.4	8:52	0.0	9:25	2.1	6:10	8:21	
30	Tue	3:15	5.0	4:28	5.6	9:28	0.6	10:27	1.8	6:11	8:20	
31	Wed	4:20	4.4	5:06	5.9	10:08	1.3	11:36	1.3	6:12	8:19	