

Alcatraz Island, CA - Aug 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:46	4.0	5:49	6.1	10:55	2.0			6:13	8:18	
2	Fri	7:31	3.8	6:40	6.3	12:49	0.8	11:53 AM	2.7	6:14	8:17	
3	Sat	9:13	4.0	7:37	6.5	1:59	0.2	1:04	3.1	6:15	8:16	
4	Sun	10:27	4.3	8:37	6.7	3:03	-0.3	2:19	3.3	6:15	8:15	
5	Mon	11:22	4.7	9:37	6.9	4:00	-0.7	3:27	3.3	6:16	8:14	
6	Tue			12:07	4.9	4:52	-1.0	4:27	3.1	6:17	8:13	
7	Wed			12:48	5.1	5:39	-1.1	5:21	2.8	6:18	8:12	
8	Thu			1:26	5.2	6:23	-1.1	6:13	2.5	6:19	8:11	
9	Fri	12:16	6.7	2:02	5.3	7:03	-0.9	7:04	2.3	6:20	8:09	
10	Sat	1:05	6.3	2:36	5.4	7:42	-0.5	7:54	2.1	6:21	8:08	
11	Sun	1:53	5.8	3:09	5.5	8:18	0.0	8:46	1.9	6:21	8:07	
12	Mon	2:42	5.2	3:40	5.5	8:54	0.6	9:39	1.7	6:22	8:06	
13	Tue	3:37	4.6	4:13	5.5	9:30	1.3	10:38	1.6	6:23	8:05	
14	Wed	4:42	4.1	4:47	5.5	10:09	2.0	11:42	1.4	6:24	8:03	
15	Thu	6:09	3.8	5:27	5.5	10:55	2.7			6:25	8:02	
16	Fri	8:01	3.8	6:15	5.5	12:50	1.2	11:59 AM	3.2	6:26	8:01	
17	Sat	9:35	4.0	7:10	5.5	1:56	1.0	1:18	3.5	6:27	8:00	
18	Sun	10:32	4.3	8:07	5.7	2:54	0.7	2:27	3.6	6:27	7:58	
19	Mon	11:11	4.5	9:01	5.8	3:44	0.4	3:22	3.5	6:28	7:57	
20	Tue	11:43	4.6	9:50	6.0	4:26	0.1	4:07	3.3	6:29	7:56	
21	Wed			12:11	4.7	5:03	-0.1	4:46	3.0	6:30	7:54	
22	Thu			12:38	4.9	5:36	-0.3	5:23	2.8	6:31	7:53	
23	Fri			1:04	5.0	6:08	-0.4	6:00	2.4	6:32	7:51	
24	Sat	12:00	6.2	1:31	5.2	6:39	-0.3	6:40	2.1	6:33	7:50	
25	Sun	12:44	6.0	1:58	5.4	7:10	-0.1	7:23	1.7	6:34	7:49	
26	Mon	1:31	5.7	2:27	5.7	7:42	0.3	8:10	1.3	6:34	7:47	
27	Tue	2:22	5.3	2:58	5.9	8:17	0.9	9:03	1.0	6:35	7:46	
28	Wed	3:22	4.8	3:34	6.1	8:54	1.6	10:02	0.8	6:36	7:44	
29	Thu	4:35	4.4	4:16	6.2	9:36	2.3	11:09	0.5	6:37	7:43	
30	Fri	6:07	4.1	5:08	6.2	10:29	2.9			6:38	7:41	
31	Sat	7:53	4.1	6:11	6.2	12:25	0.3	11:44 AM	3.4	6:39	7:40	