

Alcatraz Island, CA - Sep 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:18	4.4	7:22	6.2	1:42	0.0	1:14	3.5	6:39	7:39	
2	Mon	10:15	4.7	8:32	6.3	2:49	-0.2	2:34	3.3	6:40	7:37	
3	Tue	10:59	4.9	9:34	6.4	3:46	-0.5	3:37	3.0	6:41	7:36	
4	Wed	11:37	5.1	10:31	6.4	4:35	-0.6	4:31	2.5	6:42	7:34	
5	Thu			12:12	5.3	5:18	-0.5	5:19	2.1	6:43	7:33	
6	Fri			12:44	5.4	5:56	-0.3	6:05	1.8	6:44	7:31	
7	Sat	12:11	6.1	1:14	5.5	6:31	0.0	6:49	1.4	6:45	7:29	
8	Sun	12:58	5.7	1:42	5.6	7:05	0.5	7:31	1.2	6:45	7:28	
9	Mon	1:45	5.3	2:09	5.6	7:38	1.0	8:14	1.1	6:46	7:26	
10	Tue	2:35	4.9	2:36	5.6	8:10	1.6	8:58	1.0	6:47	7:25	
11	Wed	3:29	4.5	3:04	5.6	8:44	2.3	9:46	1.0	6:48	7:23	
12	Thu	4:34	4.2	3:37	5.5	9:22	2.8	10:41	1.0	6:49	7:22	
13	Fri	6:01	4.0	4:19	5.3	10:10	3.3	11:47	1.0	6:50	7:20	
14	Sat	7:49	4.0	5:15	5.2	11:29	3.7			6:50	7:19	
15	Sun	9:08	4.2	6:22	5.2	1:00	1.0	1:04	3.7	6:51	7:17	
16	Mon	9:54	4.4	7:31	5.3	2:07	0.8	2:14	3.5	6:52	7:16	
17	Tue	10:26	4.6	8:33	5.4	3:00	0.5	3:05	3.2	6:53	7:14	
18	Wed	10:53	4.7	9:26	5.6	3:44	0.2	3:47	2.8	6:54	7:12	
19	Thu	11:18	4.9	10:15	5.8	4:21	0.1	4:25	2.4	6:55	7:11	
20	Fri	11:43	5.1	11:02	5.8	4:54	0.0	5:02	1.9	6:56	7:09	
21	Sat			12:08	5.4	5:26	0.1	5:41	1.4	6:56	7:08	
22	Sun			12:35	5.7	5:59	0.3	6:21	0.9	6:57	7:06	
23	Mon	12:40	5.6	1:03	5.9	6:32	0.7	7:05	0.4	6:58	7:05	
24	Tue	1:33	5.4	1:34	6.2	7:07	1.3	7:52	0.0	6:59	7:03	
25	Wed	2:31	5.1	2:09	6.3	7:44	1.9	8:43	-0.2	7:00	7:02	
26	Thu	3:37	4.7	2:49	6.3	8:26	2.5	9:41	-0.2	7:01	7:00	
27	Fri	4:54	4.4	3:38	6.2	9:16	3.0	10:49	-0.2	7:02	6:58	
28	Sat	6:24	4.3	4:40	6.0	10:25	3.5			7:02	6:57	
29	Sun	7:52	4.5	5:55	5.8	12:05	-0.1	12:01	3.6	7:03	6:55	
30	Mon	8:57	4.7	7:14	5.7	1:22	-0.1	1:35	3.3	7:04	6:54	