

Alcatraz Island, CA - May 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:32	4.6	5:47	-0.6	5:29	1.9	6:13	8:00	
2	Fri			1:29	4.6	6:29	-1.1	6:10	2.3	6:12	8:00	
3	Sat	12:23	6.4	2:27	4.6	7:15	-1.4	6:53	2.7	6:11	8:01	
4	Sun	1:03	6.5	3:27	4.5	8:04	-1.5	7:41	3.0	6:10	8:02	
5	Mon	1:49	6.4	4:31	4.5	8:58	-1.5	8:39	3.2	6:08	8:03	
6	Tue	2:42	6.1	5:37	4.5	9:57	-1.2	9:53	3.2	6:07	8:04	
7	Wed	3:44	5.7	6:41	4.6	11:00	-0.9	11:25	3.1	6:06	8:05	
8	Thu	4:57	5.2	7:37	4.8			12:06	-0.6	6:05	8:06	
9	Fri	6:17	4.8	8:24	5.1	12:55	2.6	1:08	-0.3	6:04	8:07	
10	Sat	7:39	4.5	9:05	5.4	2:09	2.0	2:03	0.1	6:03	8:08	
11	Sun	8:57	4.3	9:41	5.6	3:09	1.3	2:51	0.5	6:02	8:09	
12	Mon	10:06	4.3	10:13	5.9	4:01	0.6	3:35	1.0	6:01	8:09	
13	Tue	11:09	4.3	10:43	6.0	4:46	0.1	4:15	1.5	6:01	8:10	
14	Wed			12:06	4.4	5:26	-0.4	4:55	2.0	6:00	8:11	
15	Thu			1:00	4.4	6:03	-0.6	5:33	2.4	5:59	8:12	
16	Fri			1:50	4.4	6:39	-0.8	6:12	2.8	5:58	8:13	
17	Sat	12:09	5.9	2:38	4.4	7:14	-0.8	6:51	3.1	5:57	8:14	
18	Sun	12:41	5.8	3:25	4.4	7:50	-0.7	7:32	3.3	5:56	8:15	
19	Mon	1:15	5.6	4:12	4.3	8:28	-0.6	8:16	3.4	5:56	8:16	
20	Tue	1:53	5.4	5:01	4.2	9:10	-0.5	9:07	3.4	5:55	8:16	
21	Wed	2:36	5.1	5:49	4.2	9:54	-0.3	10:11	3.4	5:54	8:17	
22	Thu	3:25	4.8	6:34	4.3	10:42	-0.1	11:28	3.2	5:54	8:18	
23	Fri	4:22	4.5	7:14	4.5	11:32	0.1			5:53	8:19	
24	Sat	5:30	4.2	7:48	4.7	12:42	2.9	12:22	0.4	5:52	8:20	
25	Sun	6:47	3.9	8:19	5.0	1:44	2.3	1:10	0.7	5:52	8:20	
26	Mon	8:08	3.8	8:49	5.4	2:34	1.7	1:56	1.1	5:51	8:21	
27	Tue	9:25	3.9	9:20	5.8	3:19	0.9	2:41	1.5	5:51	8:22	
28	Wed	10:35	4.1	9:53	6.1	4:02	0.1	3:25	1.9	5:50	8:23	
29	Thu	11:39	4.3	10:30	6.5	4:45	-0.6	4:10	2.4	5:50	8:23	
30	Fri			12:38	4.5	5:29	-1.2	4:57	2.7	5:49	8:24	
31	Sat			1:35	4.6	6:15	-1.7	5:46	3.0	5:49	8:25	