

Alcatraz Island, CA - Jun 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			2:29	4.7	7:04	-1.9	6:38	3.1	5:48	8:25	
2	Mon	12:45	6.8	3:23	4.8	7:55	-1.9	7:35	3.1	5:48	8:26	
3	Tue	1:37	6.6	4:16	4.8	8:47	-1.7	8:40	3.1	5:48	8:27	
4	Wed	2:34	6.2	5:08	4.9	9:41	-1.4	9:55	2.9	5:48	8:27	
5	Thu	3:36	5.6	5:59	5.1	10:36	-0.9	11:18	2.6	5:47	8:28	
6	Fri	4:45	5.0	6:47	5.3	11:30	-0.3			5:47	8:29	
7	Sat	6:03	4.4	7:32	5.5	12:40	2.1	12:24	0.3	5:47	8:29	
8	Sun	7:29	4.0	8:14	5.8	1:52	1.5	1:17	0.9	5:47	8:30	
9	Mon	8:55	3.8	8:52	6.0	2:54	0.8	2:07	1.5	5:47	8:30	
10	Tue	10:13	3.9	9:28	6.1	3:46	0.2	2:56	2.1	5:46	8:31	
11	Wed	11:19	4.1	10:01	6.2	4:31	-0.2	3:43	2.5	5:46	8:31	
12	Thu			12:16	4.3	5:11	-0.5	4:28	2.9	5:46	8:32	
13	Fri			1:05	4.4	5:48	-0.7	5:12	3.2	5:46	8:32	
14	Sat			1:50	4.5	6:24	-0.7	5:54	3.3	5:46	8:32	
15	Sun			2:30	4.5	6:58	-0.8	6:34	3.4	5:46	8:33	
16	Mon	12:18	5.9	3:08	4.5	7:33	-0.7	7:15	3.4	5:46	8:33	
17	Tue	12:55	5.8	3:43	4.5	8:08	-0.7	7:57	3.4	5:47	8:34	
18	Wed	1:34	5.6	4:18	4.5	8:44	-0.5	8:43	3.3	5:47	8:34	
19	Thu	2:14	5.3	4:53	4.6	9:20	-0.4	9:37	3.2	5:47	8:34	
20	Fri	2:58	5.0	5:27	4.7	9:58	-0.1	10:40	3.0	5:47	8:34	
21	Sat	3:49	4.5	6:01	4.9	10:37	0.3	11:49	2.6	5:47	8:35	
22	Sun	4:53	4.1	6:36	5.2	11:19	0.7			5:47	8:35	
23	Mon	6:14	3.7	7:11	5.5	12:54	2.0	12:05	1.3	5:48	8:35	
24	Tue	7:49	3.6	7:48	5.9	1:53	1.3	12:56	1.8	5:48	8:35	
25	Wed	9:21	3.7	8:28	6.2	2:46	0.6	1:50	2.4	5:48	8:35	
26	Thu	10:39	4.0	9:12	6.6	3:36	-0.2	2:45	2.8	5:49	8:35	
27	Fri	11:43	4.3	9:59	6.9	4:25	-0.9	3:41	3.1	5:49	8:35	
28	Sat			12:38	4.6	5:14	-1.4	4:37	3.2	5:49	8:35	
29	Sun			1:27	4.8	6:04	-1.7	5:33	3.2	5:50	8:35	
30	Mon			2:14	4.9	6:53	-1.9	6:30	3.1	5:50	8:35	