

Alcatraz Island, CA - Jul 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:36	7.0	2:58	5.1	7:42	-1.8	7:29	2.9	5:51	8:35	
2	Wed	1:30	6.7	3:42	5.2	8:30	-1.5	8:33	2.7	5:51	8:35	
3	Thu	2:26	6.2	4:26	5.3	9:16	-1.0	9:42	2.4	5:52	8:35	
4	Fri	3:26	5.5	5:09	5.5	10:03	-0.4	10:56	2.1	5:52	8:35	
5	Sat	4:32	4.8	5:53	5.7	10:50	0.3			5:53	8:35	
6	Sun	5:50	4.1	6:37	5.9	12:12	1.7	11:39 AM	1.1	5:53	8:34	
7	Mon	7:23	3.8	7:20	6.0	1:24	1.2	12:31	1.8	5:54	8:34	
8	Tue	9:00	3.8	8:04	6.1	2:29	0.7	1:29	2.5	5:55	8:34	
9	Wed	10:21	4.0	8:46	6.1	3:24	0.3	2:27	2.9	5:55	8:34	
10	Thu	11:23	4.3	9:28	6.1	4:12	-0.1	3:23	3.2	5:56	8:33	
11	Fri			12:12	4.5	4:54	-0.3	4:14	3.4	5:56	8:33	
12	Sat			12:53	4.6	5:32	-0.4	5:00	3.4	5:57	8:32	
13	Sun			1:29	4.7	6:08	-0.5	5:41	3.4	5:58	8:32	
14	Mon			2:02	4.7	6:41	-0.5	6:19	3.3	5:58	8:32	
15	Tue	12:04	6.1	2:31	4.7	7:13	-0.5	6:56	3.2	5:59	8:31	
16	Wed	12:42	5.9	2:59	4.7	7:43	-0.5	7:35	3.0	6:00	8:30	
17	Thu	1:19	5.7	3:26	4.8	8:13	-0.4	8:17	2.9	6:01	8:30	
18	Fri	1:58	5.4	3:54	5.0	8:43	-0.1	9:04	2.7	6:01	8:29	
19	Sat	2:40	5.0	4:23	5.2	9:15	0.3	9:58	2.4	6:02	8:29	
20	Sun	3:31	4.6	4:55	5.4	9:49	0.8	10:59	2.1	6:03	8:28	
21	Mon	4:35	4.1	5:30	5.6	10:27	1.4			6:04	8:27	
22	Tue	6:02	3.7	6:10	5.9	12:05	1.6	11:12 AM	2.1	6:04	8:27	
23	Wed	7:51	3.6	6:57	6.2	1:13	1.0	12:08	2.7	6:05	8:26	
24	Thu	9:31	3.8	7:50	6.5	2:17	0.3	1:15	3.1	6:06	8:25	
25	Fri	10:43	4.2	8:47	6.7	3:15	-0.3	2:25	3.3	6:07	8:24	
26	Sat	11:36	4.5	9:44	7.0	4:10	-0.8	3:30	3.3	6:08	8:24	
27	Sun			12:21	4.8	5:01	-1.3	4:30	3.2	6:08	8:23	
28	Mon			1:03	5.0	5:50	-1.5	5:27	2.9	6:09	8:22	
29	Tue			1:42	5.2	6:36	-1.5	6:23	2.6	6:10	8:21	
30	Wed	12:30	7.0	2:20	5.4	7:20	-1.3	7:20	2.2	6:11	8:20	
31	Thu	1:24	6.6	2:58	5.6	8:03	-0.9	8:18	2.0	6:12	8:19	