

Alcatraz Island, CA - Aug 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:18	6.0	3:36	5.7	8:43	-0.3	9:19	1.7	6:13	8:18	
2	Sat	3:16	5.3	4:14	5.9	9:24	0.5	10:24	1.5	6:13	8:17	
3	Sun	4:22	4.6	4:55	5.9	10:07	1.3	11:33	1.3	6:14	8:16	
4	Mon	5:42	4.1	5:37	5.9	10:55	2.0			6:15	8:15	
5	Tue	7:22	3.8	6:25	5.9	12:45	1.0	11:53 AM	2.7	6:16	8:14	
6	Wed	9:04	4.0	7:17	5.8	1:53	0.7	1:04	3.2	6:17	8:13	
7	Thu	10:17	4.3	8:10	5.9	2:54	0.5	2:15	3.4	6:18	8:12	
8	Fri	11:08	4.5	9:02	5.9	3:46	0.2	3:16	3.5	6:19	8:11	
9	Sat	11:48	4.7	9:49	6.0	4:31	0.0	4:05	3.4	6:19	8:10	
10	Sun			12:21	4.7	5:09	-0.1	4:47	3.2	6:20	8:09	
11	Mon			12:50	4.8	5:43	-0.2	5:25	3.0	6:21	8:07	
12	Tue			1:16	4.8	6:14	-0.2	6:01	2.8	6:22	8:06	
13	Wed			1:40	4.9	6:42	-0.2	6:36	2.6	6:23	8:05	
14	Thu	12:29	5.9	2:04	5.0	7:09	-0.1	7:12	2.3	6:24	8:04	
15	Fri	1:07	5.6	2:29	5.2	7:36	0.2	7:51	2.1	6:25	8:02	
16	Sat	1:48	5.3	2:54	5.4	8:04	0.5	8:35	1.8	6:26	8:01	
17	Sun	2:34	4.9	3:22	5.6	8:34	1.0	9:23	1.5	6:26	8:00	
18	Mon	3:29	4.5	3:54	5.7	9:07	1.6	10:20	1.3	6:27	7:59	
19	Tue	4:40	4.1	4:32	5.9	9:45	2.3	11:26	1.0	6:28	7:57	
20	Wed	6:16	3.8	5:21	6.0	10:34	2.9			6:29	7:56	
21	Thu	8:08	3.9	6:21	6.1	12:40	0.6	11:43 AM	3.3	6:30	7:55	
22	Fri	9:34	4.2	7:29	6.3	1:53	0.2	1:10	3.5	6:31	7:53	
23	Sat	10:29	4.5	8:36	6.6	2:58	-0.3	2:29	3.4	6:32	7:52	
24	Sun	11:12	4.8	9:39	6.8	3:54	-0.7	3:34	3.1	6:32	7:50	
25	Mon	11:50	5.0	10:37	6.8	4:44	-0.9	4:31	2.6	6:33	7:49	
26	Tue			12:26	5.3	5:29	-1.0	5:24	2.2	6:34	7:48	
27	Wed			1:00	5.5	6:11	-0.8	6:15	1.7	6:35	7:46	
28	Thu	12:25	6.5	1:34	5.7	6:50	-0.4	7:07	1.3	6:36	7:45	
29	Fri	1:18	6.1	2:08	5.9	7:28	0.1	7:58	1.0	6:37	7:43	
30	Sat	2:13	5.5	2:41	6.0	8:06	0.8	8:51	0.9	6:38	7:42	
31	Sun	3:11	5.0	3:16	6.0	8:45	1.5	9:46	0.8	6:38	7:40	