

Alcatraz Island, CA - Sep 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:17	4.5	3:53	5.9	9:27	2.2	10:47	0.8	6:39	7:39	
2	Tue	5:39	4.1	4:36	5.7	10:17	2.9	11:55	0.8	6:40	7:37	
3	Wed	7:20	4.1	5:28	5.5	11:26	3.4			6:41	7:36	
4	Thu	8:52	4.3	6:30	5.4	1:08	0.8	12:53	3.6	6:42	7:34	
5	Fri	9:52	4.5	7:36	5.4	2:15	0.7	2:08	3.5	6:43	7:33	
6	Sat	10:34	4.7	8:36	5.5	3:11	0.5	3:05	3.3	6:43	7:31	
7	Sun	11:06	4.8	9:28	5.7	3:56	0.3	3:51	3.0	6:44	7:30	
8	Mon	11:34	4.8	10:14	5.7	4:34	0.2	4:30	2.7	6:45	7:28	
9	Tue	11:58	4.9	10:56	5.8	5:06	0.1	5:05	2.4	6:46	7:27	
10	Wed			12:21	5.1	5:35	0.2	5:40	2.0	6:47	7:25	
11	Thu			12:43	5.2	6:02	0.3	6:14	1.7	6:48	7:24	
12	Fri	12:19	5.6	1:06	5.4	6:29	0.6	6:49	1.3	6:49	7:22	
13	Sat	1:02	5.3	1:30	5.6	6:56	1.0	7:27	1.0	6:49	7:21	
14	Sun	1:48	5.1	1:57	5.8	7:26	1.4	8:09	0.7	6:50	7:19	
15	Mon	2:40	4.8	2:27	5.9	7:58	2.0	8:57	0.5	6:51	7:17	
16	Tue	3:42	4.4	3:02	6.0	8:34	2.5	9:53	0.4	6:52	7:16	
17	Wed	5:00	4.1	3:48	6.0	9:17	3.0	10:59	0.3	6:53	7:14	
18	Thu	6:36	4.1	4:47	5.9	10:19	3.5			6:54	7:13	
19	Fri	8:10	4.2	6:01	5.9	12:15	0.2	11:51 AM	3.7	6:54	7:11	
20	Sat	9:14	4.5	7:19	5.9	1:32	0.0	1:27	3.5	6:55	7:10	
21	Sun	9:58	4.8	8:32	6.0	2:37	-0.3	2:40	3.0	6:56	7:08	
22	Mon	10:36	5.1	9:37	6.1	3:31	-0.4	3:39	2.4	6:57	7:07	
23	Tue	11:10	5.4	10:36	6.1	4:18	-0.4	4:31	1.8	6:58	7:05	
24	Wed	11:43	5.7	11:31	6.0	4:59	-0.2	5:19	1.2	6:59	7:03	
25	Thu			12:14	5.9	5:38	0.2	6:06	0.7	7:00	7:02	
26	Fri	12:25	5.7	12:45	6.1	6:15	0.7	6:51	0.3	7:01	7:00	
27	Sat	1:19	5.4	1:16	6.1	6:52	1.3	7:36	0.1	7:01	6:59	
28	Sun	2:14	5.1	1:47	6.1	7:29	1.9	8:21	0.1	7:02	6:57	
29	Mon	3:12	4.7	2:19	6.0	8:08	2.5	9:09	0.2	7:03	6:56	
30	Tue	4:17	4.5	2:55	5.7	8:52	3.0	10:01	0.4	7:04	6:54	