

Alcatraz Island, CA - Apr 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:55	5.4	9:04	4.8	1:11	2.8	1:54	-0.5	5:54	6:32	
2	Thu	8:06	5.5	9:38	5.1	2:14	2.2	2:43	-0.5	5:53	6:33	
3	Fri	9:10	5.5	10:11	5.5	3:08	1.4	3:27	-0.3	5:51	6:34	
4	Sat	10:10	5.5	10:43	5.8	3:58	0.7	4:08	0.0	5:50	6:35	
5	Sun	11:07	5.3	11:15	6.1	4:45	0.1	4:47	0.5	5:48	6:35	
6	Mon			12:03	5.1	5:31	-0.4	5:26	1.1	5:47	6:36	
7	Tue			12:59	4.9	6:16	-0.7	6:05	1.7	5:45	6:37	
8	Wed	12:21	6.2	1:57	4.6	7:02	-0.7	6:47	2.2	5:44	6:38	
9	Thu	12:56	6.0	2:59	4.4	7:48	-0.6	7:32	2.7	5:42	6:39	
10	Fri	1:34	5.8	4:09	4.2	8:39	-0.4	8:26	3.1	5:41	6:40	
11	Sat	2:17	5.4	5:28	4.1	9:36	-0.1	9:39	3.3	5:40	6:41	
12	Sun	3:09	5.0	6:43	4.2	10:41	0.2	11:09	3.3	5:38	6:42	
13	Mon	4:14	4.7	7:40	4.3	11:50	0.3			5:37	6:43	
14	Tue	5:28	4.5	8:21	4.4	12:28	3.1	12:51	0.4	5:35	6:44	
15	Wed	6:41	4.4	8:51	4.6	1:29	2.6	1:41	0.4	5:34	6:45	
16	Thu	7:46	4.4	9:16	4.7	2:18	2.2	2:22	0.5	5:32	6:45	
17	Fri	8:43	4.4	9:39	5.0	3:00	1.7	2:57	0.7	5:31	6:46	
18	Sat	9:35	4.5	10:01	5.2	3:37	1.2	3:28	0.9	5:30	6:47	
19	Sun	10:24	4.5	10:24	5.4	4:11	0.7	3:58	1.2	5:28	6:48	
20	Mon	11:12	4.5	10:48	5.6	4:44	0.2	4:28	1.6	5:27	6:49	
21	Tue			12:00	4.5	5:18	-0.2	4:59	2.0	5:26	6:50	
22	Wed			12:50	4.4	5:54	-0.6	5:33	2.3	5:24	6:51	
23	Thu			1:43	4.4	6:34	-0.8	6:10	2.7	5:23	6:52	
24	Fri	12:20	6.0	2:41	4.3	7:18	-0.9	6:51	3.0	5:22	6:53	
25	Sat	1:01	5.9	3:45	4.2	8:08	-0.9	7:42	3.2	5:20	6:54	
26	Sun	1:50	5.8	5:54	4.2	10:06	-0.8	9:51	3.3	6:19	7:55	
27	Mon	3:50	5.5	6:59	4.3	11:10	-0.7	11:23	3.2	6:18	7:56	
28	Tue	5:02	5.2	7:54	4.5			12:16	-0.5	6:17	7:57	
29	Wed	6:24	4.9	8:38	4.9	12:56	2.8	1:19	-0.3	6:16	7:57	
30	Thu	7:46	4.7	9:16	5.2	2:10	2.1	2:15	-0.1	6:14	7:58	