

Alcatraz Island, CA - May 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:03	4.7	9:52	5.6	3:10	1.3	3:04	0.3	6:13	7:59	
2	Sat	10:12	4.6	10:26	6.0	4:02	0.5	3:48	0.7	6:12	8:00	
3	Sun	11:16	4.7	10:59	6.2	4:50	-0.2	4:31	1.2	6:11	8:01	
4	Mon			12:16	4.7	5:35	-0.7	5:13	1.7	6:10	8:02	
5	Tue			1:12	4.7	6:18	-1.0	5:56	2.2	6:09	8:03	
6	Wed	12:07	6.3	2:08	4.6	7:00	-1.2	6:39	2.6	6:08	8:04	
7	Thu	12:42	6.2	3:02	4.5	7:42	-1.1	7:24	2.9	6:07	8:05	
8	Fri	1:18	6.0	3:57	4.4	8:25	-0.9	8:13	3.2	6:06	8:06	
9	Sat	1:58	5.7	4:54	4.3	9:10	-0.7	9:10	3.3	6:05	8:07	
10	Sun	2:41	5.3	5:52	4.3	10:00	-0.4	10:18	3.3	6:04	8:07	
11	Mon	3:31	4.9	6:47	4.3	10:53	-0.1	11:36	3.2	6:03	8:08	
12	Tue	4:29	4.5	7:33	4.4	11:48	0.2			6:02	8:09	
13	Wed	5:37	4.2	8:10	4.5	12:51	2.9	12:42	0.5	6:01	8:10	
14	Thu	6:53	3.9	8:41	4.8	1:54	2.4	1:31	0.7	6:00	8:11	
15	Fri	8:08	3.8	9:07	5.0	2:46	1.9	2:14	1.0	5:59	8:12	
16	Sat	9:19	3.8	9:34	5.3	3:29	1.3	2:54	1.4	5:58	8:13	
17	Sun	10:22	3.9	10:01	5.6	4:08	0.7	3:31	1.7	5:57	8:14	
18	Mon	11:20	4.1	10:29	5.9	4:44	0.1	4:08	2.1	5:57	8:14	
19	Tue			12:14	4.2	5:20	-0.4	4:46	2.5	5:56	8:15	
20	Wed			1:06	4.4	5:57	-0.9	5:26	2.8	5:55	8:16	
21	Thu			1:57	4.5	6:37	-1.2	6:08	3.0	5:54	8:17	
22	Fri	12:15	6.4	2:48	4.5	7:21	-1.4	6:53	3.1	5:54	8:18	
23	Sat	12:59	6.3	3:41	4.5	8:07	-1.5	7:45	3.2	5:53	8:19	
24	Sun	1:47	6.2	4:33	4.5	8:58	-1.4	8:46	3.2	5:52	8:19	
25	Mon	2:42	5.9	5:26	4.6	9:51	-1.2	10:00	3.1	5:52	8:20	
26	Tue	3:43	5.5	6:16	4.8	10:46	-0.8	11:26	2.8	5:51	8:21	
27	Wed	4:54	4.9	7:04	5.1	11:43	-0.4			5:51	8:22	
28	Thu	6:15	4.4	7:47	5.5	12:49	2.2	12:38	0.1	5:50	8:22	
29	Fri	7:42	4.1	8:28	5.8	2:00	1.4	1:32	0.7	5:50	8:23	
30	Sat	9:06	4.0	9:07	6.1	3:01	0.7	2:23	1.3	5:49	8:24	
31	Sun	10:22	4.1	9:44	6.3	3:54	0.0	3:12	1.8	5:49	8:25	