

Alcatraz Island, CA - Jun 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:29	4.3	10:21	6.4	4:41	-0.6	4:00	2.3	5:49	8:25	
2	Tue			12:28	4.5	5:25	-0.9	4:48	2.7	5:48	8:26	
3	Wed			1:21	4.6	6:06	-1.1	5:35	3.0	5:48	8:27	
4	Thu			2:10	4.6	6:46	-1.1	6:22	3.2	5:48	8:27	
5	Fri	12:14	6.2	2:56	4.6	7:26	-1.1	7:08	3.3	5:47	8:28	
6	Sat	12:53	6.0	3:40	4.6	8:05	-0.9	7:56	3.3	5:47	8:28	
7	Sun	1:33	5.7	4:22	4.5	8:45	-0.7	8:47	3.3	5:47	8:29	
8	Mon	2:14	5.4	5:03	4.5	9:25	-0.4	9:45	3.2	5:47	8:30	
9	Tue	2:59	5.0	5:41	4.5	10:06	-0.1	10:50	3.0	5:47	8:30	
10	Wed	3:50	4.5	6:17	4.7	10:48	0.3			5:46	8:31	
11	Thu	4:50	4.1	6:51	4.9	12:00	2.7	11:31 AM	0.7	5:46	8:31	
12	Fri	6:04	3.7	7:24	5.1	1:06	2.3	12:15	1.2	5:46	8:31	
13	Sat	7:31	3.5	7:57	5.4	2:03	1.7	1:01	1.6	5:46	8:32	
14	Sun	8:59	3.5	8:31	5.7	2:51	1.1	1:48	2.1	5:46	8:32	
15	Mon	10:16	3.7	9:06	6.0	3:34	0.4	2:36	2.5	5:46	8:33	
16	Tue	11:20	4.0	9:44	6.3	4:15	-0.2	3:25	2.9	5:46	8:33	
17	Wed			12:15	4.3	4:56	-0.7	4:13	3.1	5:47	8:33	
18	Thu			1:04	4.5	5:39	-1.2	5:01	3.2	5:47	8:34	
19	Fri			1:50	4.6	6:23	-1.5	5:51	3.2	5:47	8:34	
20	Sat			2:34	4.8	7:09	-1.7	6:44	3.2	5:47	8:34	
21	Sun	12:49	6.7	3:18	4.9	7:55	-1.7	7:41	3.0	5:47	8:35	
22	Mon	1:41	6.5	4:01	5.0	8:42	-1.5	8:44	2.8	5:47	8:35	
23	Tue	2:37	6.0	4:45	5.2	9:29	-1.1	9:55	2.5	5:48	8:35	
24	Wed	3:38	5.4	5:28	5.4	10:17	-0.5	11:13	2.1	5:48	8:35	
25	Thu	4:48	4.7	6:13	5.7	11:06	0.2			5:48	8:35	
26	Fri	6:11	4.1	6:57	6.0	12:31	1.6	11:57 AM	0.9	5:49	8:35	
27	Sat	7:45	3.8	7:42	6.2	1:43	0.9	12:52	1.7	5:49	8:35	
28	Sun	9:18	3.9	8:26	6.4	2:46	0.3	1:49	2.3	5:49	8:35	
29	Mon	10:36	4.1	9:11	6.5	3:42	-0.2	2:47	2.8	5:50	8:35	
30	Tue	11:38	4.4	9:54	6.5	4:30	-0.6	3:43	3.1	5:50	8:35	