

## Alcatraz Island, CA - Jul 1970

| Date |     | High  |     |       |     | Low   |      |          |     |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|-----|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft  | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Wed |       |     | 12:30 | 4.6 | 5:14  | -0.8 | 4:36     | 3.2 | 5:51                                                                                | 8:35 |    |
| 2    | Thu |       |     | 1:15  | 4.7 | 5:55  | -0.8 | 5:25     | 3.3 | 5:51                                                                                | 8:35 |    |
| 3    | Fri |       |     | 1:55  | 4.8 | 6:33  | -0.8 | 6:10     | 3.3 | 5:52                                                                                | 8:35 |    |
| 4    | Sat |       |     | 2:32  | 4.7 | 7:09  | -0.8 | 6:53     | 3.2 | 5:52                                                                                | 8:35 |    |
| 5    | Sun | 12:36 | 6.0 | 3:05  | 4.7 | 7:43  | -0.7 | 7:35     | 3.1 | 5:53                                                                                | 8:35 |    |
| 6    | Mon | 1:15  | 5.8 | 3:36  | 4.7 | 8:16  | -0.5 | 8:19     | 3.0 | 5:53                                                                                | 8:34 |    |
| 7    | Tue | 1:53  | 5.4 | 4:05  | 4.8 | 8:48  | -0.2 | 9:07     | 2.9 | 5:54                                                                                | 8:34 |    |
| 8    | Wed | 2:34  | 5.0 | 4:34  | 4.9 | 9:20  | 0.2  | 10:01    | 2.7 | 5:54                                                                                | 8:34 |    |
| 9    | Thu | 3:20  | 4.6 | 5:04  | 5.1 | 9:53  | 0.6  | 11:01    | 2.4 | 5:55                                                                                | 8:34 |    |
| 10   | Fri | 4:15  | 4.1 | 5:36  | 5.2 | 10:28 | 1.2  |          |     | 5:56                                                                                | 8:33 |    |
| 11   | Sat | 5:28  | 3.6 | 6:12  | 5.5 | 12:05 | 2.0  | 11:07 AM | 1.7 | 5:56                                                                                | 8:33 |    |
| 12   | Sun | 7:05  | 3.4 | 6:52  | 5.7 | 1:09  | 1.6  | 11:53 AM | 2.3 | 5:57                                                                                | 8:33 |    |
| 13   | Mon | 8:51  | 3.5 | 7:35  | 6.0 | 2:07  | 1.0  | 12:51    | 2.8 | 5:58                                                                                | 8:32 |   |
| 14   | Tue | 10:16 | 3.8 | 8:23  | 6.2 | 2:59  | 0.4  | 1:54     | 3.2 | 5:58                                                                                | 8:32 |  |
| 15   | Wed | 11:15 | 4.2 | 9:13  | 6.5 | 3:48  | -0.2 | 2:56     | 3.4 | 5:59                                                                                | 8:31 |  |
| 16   | Thu |       |     | 12:02 | 4.4 | 4:35  | -0.8 | 3:53     | 3.4 | 6:00                                                                                | 8:31 |  |
| 17   | Fri |       |     | 12:44 | 4.7 | 5:22  | -1.2 | 4:48     | 3.2 | 6:00                                                                                | 8:30 |  |
| 18   | Sat |       |     | 1:24  | 4.9 | 6:07  | -1.5 | 5:41     | 3.0 | 6:01                                                                                | 8:29 |  |
| 19   | Sun |       |     | 2:02  | 5.1 | 6:52  | -1.6 | 6:36     | 2.7 | 6:02                                                                                | 8:29 |  |
| 20   | Mon | 12:42 | 6.9 | 2:40  | 5.3 | 7:35  | -1.4 | 7:33     | 2.4 | 6:03                                                                                | 8:28 |  |
| 21   | Tue | 1:36  | 6.5 | 3:18  | 5.5 | 8:18  | -1.0 | 8:33     | 2.1 | 6:03                                                                                | 8:28 |  |
| 22   | Wed | 2:33  | 6.0 | 3:57  | 5.8 | 9:00  | -0.5 | 9:39     | 1.7 | 6:04                                                                                | 8:27 |  |
| 23   | Thu | 3:35  | 5.2 | 4:38  | 6.0 | 9:43  | 0.3  | 10:49    | 1.4 | 6:05                                                                                | 8:26 |  |
| 24   | Fri | 4:46  | 4.5 | 5:21  | 6.1 | 10:29 | 1.1  |          |     | 6:06                                                                                | 8:25 |  |
| 25   | Sat | 6:13  | 4.0 | 6:08  | 6.2 | 12:04 | 1.0  | 11:20 AM | 1.9 | 6:07                                                                                | 8:25 |  |
| 26   | Sun | 7:55  | 3.9 | 6:59  | 6.3 | 1:18  | 0.6  | 12:22    | 2.6 | 6:07                                                                                | 8:24 |  |
| 27   | Mon | 9:29  | 4.1 | 7:53  | 6.3 | 2:26  | 0.3  | 1:32     | 3.1 | 6:08                                                                                | 8:23 |  |
| 28   | Tue | 10:38 | 4.4 | 8:47  | 6.3 | 3:25  | 0.0  | 2:41     | 3.3 | 6:09                                                                                | 8:22 |  |
| 29   | Wed | 11:30 | 4.7 | 9:38  | 6.3 | 4:16  | -0.3 | 3:41     | 3.3 | 6:10                                                                                | 8:21 |  |
| 30   | Thu |       |     | 12:13 | 4.8 | 5:00  | -0.4 | 4:32     | 3.3 | 6:11                                                                                | 8:20 |  |
| 31   | Fri |       |     | 12:50 | 4.9 | 5:39  | -0.4 | 5:17     | 3.1 | 6:12                                                                                | 8:19 |  |