

Alcatraz Island, CA - Aug 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			1:22	4.9	6:14	-0.4	5:57	3.0	6:12	8:18	
2	Sun			1:50	4.9	6:45	-0.3	6:35	2.8	6:13	8:17	
3	Mon	12:23	5.9	2:16	4.9	7:14	-0.2	7:12	2.6	6:14	8:16	
4	Tue	1:00	5.7	2:39	5.0	7:41	0.0	7:50	2.4	6:15	8:15	
5	Wed	1:37	5.4	3:03	5.1	8:08	0.3	8:31	2.3	6:16	8:14	
6	Thu	2:18	5.0	3:28	5.3	8:35	0.8	9:16	2.1	6:17	8:13	
7	Fri	3:03	4.6	3:56	5.4	9:04	1.3	10:06	1.8	6:18	8:12	
8	Sat	3:58	4.1	4:28	5.5	9:35	1.9	11:05	1.6	6:18	8:11	
9	Sun	5:14	3.7	5:07	5.7	10:12	2.4			6:19	8:10	
10	Mon	6:59	3.6	5:55	5.8	12:12	1.3	11:01 AM	3.0	6:20	8:09	
11	Tue	8:53	3.7	6:52	6.0	1:21	0.8	12:13	3.4	6:21	8:08	
12	Wed	10:07	4.1	7:54	6.2	2:25	0.3	1:35	3.5	6:22	8:06	
13	Thu	10:54	4.4	8:55	6.5	3:22	-0.2	2:46	3.5	6:23	8:05	
14	Fri	11:33	4.7	9:53	6.8	4:13	-0.7	3:46	3.2	6:24	8:04	
15	Sat			12:09	4.9	5:00	-1.0	4:40	2.8	6:24	8:03	
16	Sun			12:43	5.2	5:44	-1.1	5:33	2.3	6:25	8:01	
17	Mon			1:18	5.4	6:26	-1.0	6:26	1.8	6:26	8:00	
18	Tue	12:37	6.7	1:53	5.7	7:06	-0.7	7:20	1.4	6:27	7:59	
19	Wed	1:33	6.2	2:29	6.0	7:46	-0.2	8:16	1.0	6:28	7:58	
20	Thu	2:31	5.7	3:06	6.2	8:26	0.5	9:16	0.8	6:29	7:56	
21	Fri	3:35	5.0	3:46	6.3	9:09	1.3	10:20	0.7	6:30	7:55	
22	Sat	4:49	4.5	4:30	6.2	9:55	2.1	11:30	0.6	6:30	7:54	
23	Sun	6:19	4.2	5:21	6.1	10:53	2.8			6:31	7:52	
24	Mon	8:00	4.2	6:21	6.0	12:45	0.5	12:09	3.3	6:32	7:51	
25	Tue	9:22	4.4	7:25	5.9	1:58	0.4	1:33	3.4	6:33	7:49	
26	Wed	10:19	4.7	8:28	5.9	3:01	0.2	2:43	3.3	6:34	7:48	
27	Thu	11:02	4.8	9:23	5.9	3:53	0.1	3:39	3.1	6:35	7:47	
28	Fri	11:38	4.9	10:11	5.9	4:36	0.0	4:24	2.9	6:36	7:45	
29	Sat			12:08	5.0	5:12	0.0	5:04	2.6	6:36	7:44	
30	Sun			12:34	5.0	5:43	0.1	5:40	2.3	6:37	7:42	
31	Mon			12:57	5.1	6:10	0.2	6:15	2.1	6:38	7:41	