

Alcatraz Island, CA - Sep 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:11	5.6	1:18	5.2	6:36	0.4	6:49	1.8	6:39	7:39	●
2	Wed	12:50	5.4	1:40	5.3	7:01	0.7	7:23	1.6	6:40	7:38	●
3	Thu	1:29	5.1	2:02	5.5	7:26	1.1	7:59	1.4	6:41	7:36	●
4	Fri	2:12	4.8	2:27	5.6	7:53	1.6	8:39	1.2	6:42	7:35	●
5	Sat	3:01	4.5	2:55	5.6	8:21	2.1	9:25	1.0	6:42	7:33	◐
6	Sun	4:01	4.1	3:29	5.7	8:53	2.6	10:20	0.9	6:43	7:32	◑
7	Mon	5:21	3.9	4:13	5.7	9:33	3.1	11:27	0.8	6:44	7:30	◑
8	Tue	7:07	3.8	5:11	5.7	10:32	3.5			6:45	7:29	◑
9	Wed	8:42	4.1	6:22	5.8	12:42	0.5	12:06	3.7	6:46	7:27	◑
10	Thu	9:38	4.3	7:35	6.0	1:54	0.2	1:37	3.5	6:47	7:26	◑
11	Fri	10:17	4.6	8:43	6.2	2:54	-0.2	2:46	3.1	6:47	7:24	◑
12	Sat	10:52	4.9	9:45	6.4	3:46	-0.5	3:43	2.5	6:48	7:23	○
13	Sun	11:25	5.2	10:43	6.5	4:31	-0.6	4:35	1.9	6:49	7:21	○
14	Mon	11:57	5.6	11:40	6.3	5:13	-0.5	5:25	1.3	6:50	7:19	○
15	Tue			12:30	5.9	5:53	-0.2	6:15	0.7	6:51	7:18	○
16	Wed	12:36	6.1	1:04	6.2	6:32	0.3	7:06	0.2	6:52	7:16	○
17	Thu	1:33	5.7	1:39	6.4	7:12	1.0	7:57	0.0	6:53	7:15	○
18	Fri	2:33	5.3	2:16	6.4	7:53	1.7	8:50	-0.1	6:53	7:13	○
19	Sat	3:38	4.9	2:56	6.3	8:37	2.3	9:48	0.0	6:54	7:12	○
20	Sun	4:53	4.5	3:42	6.1	9:29	2.9	10:53	0.2	6:55	7:10	○
21	Mon	6:19	4.4	4:36	5.7	10:38	3.4			6:56	7:08	○
22	Tue	7:47	4.5	5:42	5.5	12:06	0.4	12:07	3.5	6:57	7:07	◐
23	Wed	8:55	4.6	6:55	5.3	1:19	0.5	1:31	3.4	6:58	7:05	◑
24	Thu	9:44	4.8	8:04	5.3	2:23	0.4	2:35	3.1	6:59	7:04	◑
25	Fri	10:21	4.9	9:03	5.3	3:15	0.4	3:26	2.7	6:59	7:02	◑
26	Sat	10:51	5.0	9:54	5.3	3:56	0.4	4:08	2.3	7:00	7:01	◑
27	Sun	11:16	5.1	10:39	5.3	4:30	0.5	4:46	1.9	7:01	6:59	◑
28	Mon	11:38	5.2	11:22	5.2	5:00	0.6	5:20	1.5	7:02	6:58	◑
29	Tue	11:59	5.4			5:27	0.9	5:53	1.2	7:03	6:56	◑
30	Wed	12:04	5.1	12:20	5.5	5:53	1.2	6:25	0.9	7:04	6:55	●