

Alcatraz Island, CA - Jul 1972

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:47	5.2	4:36	5.2	9:25	-0.3	10:05	2.4	5:51	8:35	
2	Sun	3:44	4.7	5:13	5.5	10:06	0.3	11:14	1.9	5:51	8:35	
3	Mon	4:55	4.2	5:54	5.8	10:51	0.9			5:52	8:35	
4	Tue	6:24	3.8	6:38	6.1	12:26	1.4	11:42 AM	1.6	5:52	8:35	
5	Wed	8:05	3.7	7:26	6.4	1:36	0.7	12:40	2.2	5:53	8:35	
6	Thu	9:36	3.9	8:18	6.7	2:39	0.0	1:45	2.7	5:54	8:34	
7	Fri	10:48	4.3	9:11	6.9	3:36	-0.6	2:49	2.9	5:54	8:34	
8	Sat	11:45	4.6	10:05	7.0	4:29	-1.0	3:51	3.0	5:55	8:34	
9	Sun			12:34	4.8	5:19	-1.3	4:50	3.0	5:55	8:33	
10	Mon			1:18	5.0	6:06	-1.4	5:46	2.8	5:56	8:33	
11	Tue			2:00	5.1	6:51	-1.3	6:40	2.7	5:57	8:33	
12	Wed	12:39	6.6	2:40	5.2	7:33	-1.1	7:34	2.5	5:57	8:32	
13	Thu	1:28	6.2	3:18	5.3	8:13	-0.7	8:29	2.3	5:58	8:32	
14	Fri	2:16	5.6	3:55	5.4	8:51	-0.2	9:27	2.2	5:59	8:31	
15	Sat	3:07	5.0	4:31	5.4	9:29	0.4	10:27	2.0	5:59	8:31	
16	Sun	4:04	4.4	5:07	5.5	10:08	1.0	11:32	1.8	6:00	8:30	
17	Mon	5:12	3.9	5:45	5.5	10:50	1.7			6:01	8:30	
18	Tue	6:41	3.6	6:26	5.6	12:39	1.5	11:38 AM	2.3	6:02	8:29	
19	Wed	8:28	3.6	7:10	5.7	1:43	1.2	12:38	2.9	6:02	8:29	
20	Thu	9:56	3.8	7:58	5.8	2:40	0.8	1:43	3.2	6:03	8:28	
21	Fri	10:54	4.1	8:46	5.9	3:30	0.4	2:44	3.3	6:04	8:27	
22	Sat	11:36	4.3	9:32	6.1	4:14	0.1	3:37	3.4	6:05	8:26	
23	Sun			12:11	4.5	4:53	-0.2	4:21	3.3	6:05	8:26	
24	Mon			12:42	4.6	5:29	-0.4	5:02	3.2	6:06	8:25	
25	Tue			1:12	4.7	6:03	-0.6	5:42	3.0	6:07	8:24	
26	Wed			1:40	4.9	6:35	-0.7	6:22	2.7	6:08	8:23	
27	Thu	12:23	6.2	2:10	5.1	7:08	-0.7	7:05	2.5	6:09	8:23	
28	Fri	1:06	6.0	2:39	5.3	7:41	-0.5	7:52	2.2	6:09	8:22	
29	Sat	1:53	5.7	3:11	5.5	8:16	-0.1	8:44	1.8	6:10	8:21	
30	Sun	2:45	5.2	3:45	5.8	8:52	0.4	9:42	1.5	6:11	8:20	
31	Mon	3:46	4.7	4:23	6.0	9:32	1.1	10:47	1.2	6:12	8:19	