

Alcatraz Island, CA - Aug 1972

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:02	4.2	5:07	6.2	10:17	1.8			6:13	8:18	
2	Wed	6:37	3.9	5:59	6.4	12:00	0.8	11:12 AM	2.4	6:14	8:17	
3	Thu	8:19	3.9	6:58	6.5	1:15	0.4	12:22	2.9	6:15	8:16	
4	Fri	9:42	4.2	8:00	6.6	2:25	0.0	1:39	3.2	6:15	8:15	
5	Sat	10:42	4.6	9:02	6.7	3:26	-0.4	2:52	3.2	6:16	8:14	
6	Sun	11:29	4.8	10:00	6.8	4:19	-0.7	3:54	3.0	6:17	8:13	
7	Mon			12:11	5.1	5:06	-0.8	4:50	2.7	6:18	8:12	
8	Tue			12:48	5.2	5:49	-0.8	5:41	2.4	6:19	8:11	
9	Wed			1:24	5.4	6:28	-0.6	6:29	2.1	6:20	8:09	
10	Thu	12:30	6.2	1:57	5.5	7:04	-0.3	7:16	1.9	6:21	8:08	
11	Fri	1:17	5.8	2:28	5.5	7:39	0.1	8:03	1.7	6:21	8:07	
12	Sat	2:03	5.4	2:58	5.6	8:12	0.6	8:50	1.6	6:22	8:06	
13	Sun	2:51	4.9	3:28	5.6	8:45	1.2	9:40	1.5	6:23	8:05	
14	Mon	3:45	4.4	4:00	5.6	9:20	1.8	10:36	1.4	6:24	8:03	
15	Tue	4:51	4.0	4:36	5.5	9:58	2.4	11:38	1.4	6:25	8:02	
16	Wed	6:20	3.7	5:21	5.5	10:47	3.0			6:26	8:01	
17	Thu	8:12	3.8	6:15	5.5	12:47	1.2	11:57 AM	3.3	6:27	8:00	
18	Fri	9:35	4.0	7:14	5.6	1:54	1.0	1:20	3.5	6:28	7:58	
19	Sat	10:23	4.2	8:13	5.7	2:51	0.7	2:27	3.4	6:28	7:57	
20	Sun	10:58	4.4	9:06	5.9	3:38	0.3	3:19	3.3	6:29	7:56	
21	Mon	11:27	4.6	9:55	6.1	4:19	0.1	4:03	3.0	6:30	7:54	
22	Tue	11:54	4.8	10:41	6.2	4:55	-0.2	4:43	2.7	6:31	7:53	
23	Wed			12:21	5.0	5:28	-0.3	5:23	2.3	6:32	7:51	
24	Thu			12:49	5.3	6:01	-0.3	6:04	1.9	6:33	7:50	
25	Fri	12:13	6.1	1:17	5.5	6:34	-0.1	6:47	1.5	6:34	7:49	
26	Sat	1:01	5.9	1:47	5.8	7:08	0.3	7:34	1.1	6:34	7:47	
27	Sun	1:53	5.5	2:20	6.1	7:44	0.8	8:24	0.7	6:35	7:46	
28	Mon	2:50	5.1	2:57	6.3	8:22	1.4	9:20	0.5	6:36	7:44	
29	Tue	3:57	4.6	3:39	6.3	9:04	2.0	10:24	0.4	6:37	7:43	
30	Wed	5:17	4.3	4:29	6.3	9:55	2.6	11:37	0.3	6:38	7:41	
31	Thu	6:51	4.1	5:30	6.2	11:02	3.1			6:39	7:40	