

Alcatraz Island, CA - Apr 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:13	5.3	9:19	4.8	1:25	2.6	2:08	-0.2	6:54	7:32	
2	Tue	8:28	5.3	10:01	5.1	2:36	2.1	3:04	-0.2	6:53	7:33	
3	Wed	9:36	5.3	10:38	5.5	3:35	1.4	3:52	0.0	6:51	7:34	
4	Thu	10:37	5.3	11:14	5.8	4:26	0.8	4:36	0.2	6:50	7:35	
5	Fri	11:35	5.3	11:49	6.0	5:14	0.2	5:17	0.5	6:48	7:35	
6	Sat			12:29	5.2	6:00	-0.2	5:58	1.0	6:47	7:36	
7	Sun	12:23	6.1	1:22	5.0	6:44	-0.5	6:38	1.4	6:45	7:37	
8	Mon	12:58	6.1	2:14	4.8	7:27	-0.6	7:19	1.9	6:44	7:38	
9	Tue	1:32	6.0	3:07	4.6	8:10	-0.6	8:01	2.3	6:42	7:39	
10	Wed	2:08	5.8	4:04	4.3	8:55	-0.4	8:48	2.6	6:41	7:40	
11	Thu	2:47	5.5	5:06	4.2	9:44	-0.2	9:43	2.9	6:39	7:41	
12	Fri	3:32	5.2	6:14	4.1	10:38	0.1	10:54	3.0	6:38	7:42	
13	Sat	4:25	4.8	7:22	4.1	11:38	0.3			6:37	7:43	
14	Sun	5:29	4.5	8:16	4.2	12:17	3.0	12:42	0.5	6:35	7:44	
15	Mon	6:41	4.3	8:57	4.4	1:31	2.7	1:39	0.6	6:34	7:45	
16	Tue	7:52	4.3	9:29	4.6	2:30	2.3	2:29	0.7	6:32	7:46	
17	Wed	8:56	4.3	9:56	4.8	3:17	1.8	3:11	0.8	6:31	7:46	
18	Thu	9:53	4.4	10:23	5.1	3:58	1.4	3:48	0.9	6:30	7:47	
19	Fri	10:45	4.5	10:50	5.4	4:35	0.8	4:23	1.1	6:28	7:48	
20	Sat	11:35	4.6	11:19	5.6	5:10	0.4	4:57	1.4	6:27	7:49	
21	Sun			12:23	4.6	5:45	-0.1	5:32	1.6	6:26	7:50	
22	Mon			1:12	4.6	6:21	-0.5	6:09	1.9	6:24	7:51	
23	Tue	12:23	6.0	2:03	4.6	7:01	-0.8	6:48	2.2	6:23	7:52	
24	Wed	1:00	6.1	2:55	4.5	7:44	-1.0	7:32	2.5	6:22	7:53	
25	Thu	1:41	6.1	3:52	4.5	8:32	-1.1	8:21	2.7	6:20	7:54	
26	Fri	2:28	6.0	4:52	4.4	9:24	-1.0	9:22	2.8	6:19	7:55	
27	Sat	3:22	5.7	5:55	4.5	10:22	-0.8	10:38	2.8	6:18	7:56	
28	Sun	4:27	5.3	6:55	4.6	11:26	-0.5			6:17	7:57	
29	Mon	5:42	5.0	7:49	4.9	12:05	2.6	12:30	-0.2	6:15	7:57	
30	Tue	7:03	4.7	8:37	5.2	1:25	2.1	1:31	0.1	6:14	7:58	