

Alcatraz Island, CA - May 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:23	4.5	9:19	5.6	2:33	1.4	2:26	0.4	6:13	7:59	
2	Thu	9:36	4.5	9:58	5.9	3:29	0.7	3:16	0.8	6:12	8:00	
3	Fri	10:41	4.6	10:35	6.1	4:20	0.1	4:02	1.1	6:11	8:01	
4	Sat	11:40	4.6	11:10	6.2	5:05	-0.4	4:46	1.5	6:10	8:02	
5	Sun			12:35	4.7	5:48	-0.8	5:29	1.9	6:09	8:03	
6	Mon			1:26	4.7	6:29	-0.9	6:12	2.3	6:08	8:04	
7	Tue	12:20	6.1	2:16	4.6	7:08	-0.9	6:55	2.5	6:07	8:05	
8	Wed	12:56	5.9	3:04	4.5	7:48	-0.9	7:39	2.8	6:06	8:06	
9	Thu	1:32	5.7	3:52	4.4	8:28	-0.7	8:26	2.9	6:05	8:07	
10	Fri	2:11	5.4	4:41	4.3	9:11	-0.5	9:20	3.0	6:04	8:08	
11	Sat	2:54	5.1	5:31	4.3	9:56	-0.2	10:25	3.0	6:03	8:08	
12	Sun	3:43	4.7	6:19	4.3	10:44	0.1	11:39	2.9	6:02	8:09	
13	Mon	4:41	4.3	7:04	4.4	11:36	0.4			6:01	8:10	
14	Tue	5:49	4.0	7:44	4.6	12:51	2.6	12:28	0.7	6:00	8:11	
15	Wed	7:06	3.8	8:19	4.9	1:53	2.1	1:19	1.0	5:59	8:12	
16	Thu	8:22	3.8	8:51	5.2	2:43	1.6	2:06	1.2	5:58	8:13	
17	Fri	9:31	3.9	9:24	5.5	3:27	1.0	2:50	1.5	5:57	8:14	
18	Sat	10:33	4.0	9:57	5.8	4:06	0.4	3:32	1.8	5:57	8:14	
19	Sun	11:28	4.2	10:32	6.1	4:44	-0.2	4:14	2.1	5:56	8:15	
20	Mon			12:21	4.4	5:22	-0.7	4:57	2.3	5:55	8:16	
21	Tue			1:12	4.6	6:03	-1.1	5:41	2.5	5:54	8:17	
22	Wed			2:01	4.7	6:46	-1.4	6:28	2.6	5:54	8:18	
23	Thu	12:35	6.5	2:51	4.7	7:32	-1.6	7:19	2.7	5:53	8:19	
24	Fri	1:23	6.4	3:42	4.8	8:20	-1.5	8:16	2.7	5:52	8:19	
25	Sat	2:15	6.1	4:33	4.9	9:10	-1.3	9:22	2.6	5:52	8:20	
26	Sun	3:12	5.7	5:24	5.0	10:02	-0.9	10:38	2.5	5:51	8:21	
27	Mon	4:17	5.2	6:16	5.2	10:57	-0.5	11:59	2.1	5:51	8:22	
28	Tue	5:32	4.6	7:06	5.5	11:54	0.1			5:50	8:22	
29	Wed	6:55	4.2	7:53	5.8	1:15	1.5	12:52	0.6	5:50	8:23	
30	Thu	8:21	4.0	8:37	6.0	2:22	0.9	1:48	1.2	5:49	8:24	
31	Fri	9:40	4.1	9:19	6.2	3:19	0.2	2:41	1.6	5:49	8:25	