

Alcatraz Island, CA - Jun 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:48	4.2	9:59	6.3	4:10	-0.3	3:32	2.1	5:49	8:25	
2	Sun	11:47	4.4	10:38	6.3	4:55	-0.6	4:21	2.4	5:48	8:26	
3	Mon			12:39	4.5	5:36	-0.8	5:08	2.6	5:48	8:27	
4	Tue			1:26	4.6	6:15	-0.9	5:52	2.8	5:48	8:27	
5	Wed			2:10	4.6	6:52	-0.9	6:36	2.9	5:47	8:28	
6	Thu	12:29	5.9	2:50	4.6	7:28	-0.8	7:19	3.0	5:47	8:28	
7	Fri	1:06	5.7	3:28	4.6	8:05	-0.7	8:04	3.0	5:47	8:29	
8	Sat	1:44	5.5	4:05	4.6	8:41	-0.5	8:52	3.0	5:47	8:30	
9	Sun	2:24	5.1	4:41	4.6	9:18	-0.2	9:47	2.9	5:47	8:30	
10	Mon	3:09	4.8	5:17	4.7	9:57	0.1	10:50	2.7	5:46	8:31	
11	Tue	4:00	4.3	5:55	4.8	10:38	0.5	11:59	2.4	5:46	8:31	
12	Wed	5:04	3.9	6:33	5.0	11:22	0.9			5:46	8:32	
13	Thu	6:22	3.6	7:11	5.3	1:03	2.0	12:10	1.4	5:46	8:32	
14	Fri	7:50	3.5	7:50	5.6	2:00	1.4	1:01	1.8	5:46	8:32	
15	Sat	9:13	3.6	8:30	5.9	2:50	0.8	1:54	2.2	5:46	8:33	
16	Sun	10:23	3.9	9:12	6.2	3:35	0.2	2:47	2.5	5:46	8:33	
17	Mon	11:22	4.2	9:56	6.5	4:18	-0.4	3:38	2.7	5:47	8:33	
18	Tue			12:14	4.5	5:02	-0.9	4:29	2.8	5:47	8:34	
19	Wed			1:01	4.7	5:46	-1.4	5:21	2.8	5:47	8:34	
20	Thu			1:47	4.9	6:31	-1.6	6:13	2.7	5:47	8:34	
21	Fri	12:20	6.9	2:31	5.1	7:17	-1.7	7:09	2.6	5:47	8:35	
22	Sat	1:12	6.7	3:16	5.2	8:04	-1.5	8:08	2.4	5:47	8:35	
23	Sun	2:07	6.3	4:00	5.4	8:50	-1.2	9:13	2.2	5:48	8:35	
24	Mon	3:05	5.7	4:46	5.6	9:37	-0.6	10:25	1.9	5:48	8:35	
25	Tue	4:09	5.0	5:32	5.8	10:26	0.0	11:40	1.6	5:48	8:35	
26	Wed	5:23	4.4	6:21	6.0	11:18	0.7			5:49	8:35	
27	Thu	6:49	4.0	7:09	6.1	12:55	1.1	12:15	1.4	5:49	8:35	
28	Fri	8:22	3.8	7:58	6.3	2:04	0.6	1:15	2.0	5:49	8:35	
29	Sat	9:45	4.0	8:46	6.3	3:04	0.2	2:15	2.4	5:50	8:35	
30	Sun	10:52	4.2	9:31	6.3	3:56	-0.2	3:13	2.7	5:50	8:35	