

Alcatraz Island, CA - Jul 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:46	4.5	10:14	6.3	4:42	-0.4	4:06	2.9	5:51	8:35	
2	Tue			12:32	4.6	5:22	-0.6	4:54	3.0	5:51	8:35	
3	Wed			1:12	4.7	6:00	-0.6	5:38	3.0	5:52	8:35	
4	Thu			1:48	4.7	6:34	-0.6	6:20	3.0	5:52	8:35	
5	Fri	12:10	6.0	2:20	4.8	7:07	-0.6	7:00	2.9	5:53	8:35	
6	Sat	12:47	5.8	2:50	4.8	7:39	-0.4	7:40	2.8	5:53	8:34	
7	Sun	1:24	5.6	3:18	4.9	8:10	-0.2	8:22	2.7	5:54	8:34	
8	Mon	2:03	5.2	3:48	5.0	8:41	0.0	9:08	2.6	5:54	8:34	
9	Tue	2:45	4.8	4:18	5.1	9:14	0.4	10:00	2.4	5:55	8:34	
10	Wed	3:33	4.4	4:52	5.3	9:48	0.8	11:00	2.2	5:56	8:33	
11	Thu	4:32	4.0	5:29	5.4	10:27	1.4			5:56	8:33	
12	Fri	5:51	3.6	6:11	5.7	12:05	1.8	11:13 AM	1.9	5:57	8:33	
13	Sat	7:28	3.5	6:57	5.9	1:10	1.3	12:08	2.4	5:58	8:32	
14	Sun	9:01	3.7	7:47	6.2	2:10	0.8	1:11	2.7	5:58	8:32	
15	Mon	10:13	4.0	8:39	6.5	3:04	0.2	2:15	2.9	5:59	8:31	
16	Tue	11:08	4.3	9:32	6.8	3:54	-0.4	3:16	3.0	6:00	8:31	
17	Wed	11:55	4.6	10:25	7.0	4:42	-0.9	4:13	2.9	6:00	8:30	
18	Thu			12:37	4.9	5:28	-1.2	5:08	2.6	6:01	8:29	
19	Fri			1:18	5.2	6:13	-1.4	6:02	2.4	6:02	8:29	
20	Sat	12:11	7.0	1:58	5.4	6:57	-1.3	6:58	2.1	6:03	8:28	
21	Sun	1:05	6.7	2:39	5.7	7:41	-1.0	7:56	1.8	6:03	8:28	
22	Mon	2:00	6.2	3:19	5.9	8:24	-0.6	8:57	1.5	6:04	8:27	
23	Tue	2:58	5.6	4:02	6.0	9:08	0.1	10:02	1.3	6:05	8:26	
24	Wed	4:02	4.9	4:47	6.2	9:54	0.8	11:12	1.1	6:06	8:25	
25	Thu	5:17	4.4	5:35	6.2	10:45	1.5			6:07	8:25	
26	Fri	6:45	4.0	6:27	6.2	12:26	0.9	11:44 AM	2.2	6:07	8:24	
27	Sat	8:21	4.0	7:22	6.2	1:37	0.6	12:52	2.7	6:08	8:23	
28	Sun	9:41	4.2	8:16	6.2	2:41	0.3	2:02	3.0	6:09	8:22	
29	Mon	10:41	4.5	9:08	6.2	3:36	0.1	3:04	3.0	6:10	8:21	
30	Tue	11:28	4.7	9:55	6.2	4:22	-0.1	3:57	3.0	6:11	8:20	
31	Wed			12:07	4.8	5:03	-0.2	4:43	2.9	6:12	8:19	