

## Alcatraz Island, CA - Aug 1974

| Date |     | High  |     |       |     | Low   |      |          |     |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|-----|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft  | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Thu |       |     | 12:41 | 4.8 | 5:38  | -0.2 | 5:24     | 2.8 | 6:12                                                                                | 8:18 |    |
| 2    | Fri |       |     | 1:10  | 4.9 | 6:10  | -0.2 | 6:02     | 2.6 | 6:13                                                                                | 8:17 |    |
| 3    | Sat |       |     | 1:36  | 4.9 | 6:40  | -0.1 | 6:38     | 2.5 | 6:14                                                                                | 8:16 |    |
| 4    | Sun | 12:33 | 5.8 | 2:01  | 5.0 | 7:08  | 0.1  | 7:14     | 2.3 | 6:15                                                                                | 8:15 |    |
| 5    | Mon | 1:10  | 5.5 | 2:26  | 5.2 | 7:36  | 0.3  | 7:52     | 2.2 | 6:16                                                                                | 8:14 |    |
| 6    | Tue | 1:49  | 5.2 | 2:52  | 5.3 | 8:04  | 0.6  | 8:32     | 2.0 | 6:17                                                                                | 8:13 |    |
| 7    | Wed | 2:31  | 4.9 | 3:22  | 5.5 | 8:34  | 1.0  | 9:18     | 1.8 | 6:18                                                                                | 8:12 |    |
| 8    | Thu | 3:19  | 4.5 | 3:54  | 5.6 | 9:07  | 1.5  | 10:10    | 1.6 | 6:18                                                                                | 8:11 |    |
| 9    | Fri | 4:20  | 4.1 | 4:33  | 5.7 | 9:45  | 2.0  | 11:12    | 1.4 | 6:19                                                                                | 8:10 |    |
| 10   | Sat | 5:40  | 3.8 | 5:19  | 5.8 | 10:31 | 2.5  |          |     | 6:20                                                                                | 8:09 |    |
| 11   | Sun | 7:19  | 3.7 | 6:14  | 6.0 | 12:22 | 1.1  | 11:33 AM | 2.9 | 6:21                                                                                | 8:08 |    |
| 12   | Mon | 8:49  | 3.9 | 7:15  | 6.2 | 1:32  | 0.6  | 12:48    | 3.1 | 6:22                                                                                | 8:06 |   |
| 13   | Tue | 9:54  | 4.2 | 8:17  | 6.4 | 2:35  | 0.2  | 2:02     | 3.1 | 6:23                                                                                | 8:05 |  |
| 14   | Wed | 10:42 | 4.6 | 9:18  | 6.7 | 3:30  | -0.3 | 3:07     | 2.9 | 6:24                                                                                | 8:04 |  |
| 15   | Thu | 11:24 | 4.9 | 10:15 | 6.8 | 4:19  | -0.7 | 4:05     | 2.5 | 6:24                                                                                | 8:03 |  |
| 16   | Fri |       |     | 12:02 | 5.2 | 5:05  | -0.9 | 4:59     | 2.1 | 6:25                                                                                | 8:01 |  |
| 17   | Sat |       |     | 12:40 | 5.5 | 5:49  | -0.8 | 5:52     | 1.6 | 6:26                                                                                | 8:00 |  |
| 18   | Sun | 12:05 | 6.7 | 1:18  | 5.8 | 6:31  | -0.6 | 6:45     | 1.2 | 6:27                                                                                | 7:59 |  |
| 19   | Mon | 1:00  | 6.4 | 1:56  | 6.1 | 7:13  | -0.2 | 7:39     | 0.9 | 6:28                                                                                | 7:58 |  |
| 20   | Tue | 1:55  | 5.9 | 2:35  | 6.2 | 7:54  | 0.3  | 8:35     | 0.7 | 6:29                                                                                | 7:56 |  |
| 21   | Wed | 2:54  | 5.4 | 3:15  | 6.3 | 8:37  | 1.0  | 9:34     | 0.7 | 6:30                                                                                | 7:55 |  |
| 22   | Thu | 3:57  | 4.9 | 3:59  | 6.2 | 9:23  | 1.7  | 10:38    | 0.7 | 6:31                                                                                | 7:53 |  |
| 23   | Fri | 5:11  | 4.4 | 4:48  | 6.1 | 10:16 | 2.3  | 11:48    | 0.7 | 6:31                                                                                | 7:52 |  |
| 24   | Sat | 6:39  | 4.2 | 5:44  | 5.9 | 11:22 | 2.8  |          |     | 6:32                                                                                | 7:51 |  |
| 25   | Sun | 8:10  | 4.2 | 6:45  | 5.8 | 1:00  | 0.7  | 12:41    | 3.1 | 6:33                                                                                | 7:49 |  |
| 26   | Mon | 9:22  | 4.4 | 7:48  | 5.7 | 2:08  | 0.6  | 1:55     | 3.1 | 6:34                                                                                | 7:48 |  |
| 27   | Tue | 10:14 | 4.6 | 8:46  | 5.7 | 3:05  | 0.4  | 2:56     | 3.0 | 6:35                                                                                | 7:46 |  |
| 28   | Wed | 10:54 | 4.8 | 9:37  | 5.8 | 3:52  | 0.3  | 3:47     | 2.8 | 6:36                                                                                | 7:45 |  |
| 29   | Thu | 11:27 | 4.9 | 10:22 | 5.8 | 4:31  | 0.3  | 4:29     | 2.5 | 6:37                                                                                | 7:44 |  |
| 30   | Fri | 11:55 | 5.0 | 11:03 | 5.8 | 5:05  | 0.3  | 5:07     | 2.2 | 6:37                                                                                | 7:42 |  |
| 31   | Sat |       |     | 12:20 | 5.1 | 5:36  | 0.3  | 5:42     | 2.0 | 6:38                                                                                | 7:41 |  |