

Alcatraz Island, CA - Sep 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:43	5.2	6:04	0.5	6:16	1.8	6:39	7:39	
2	Mon	12:22	5.5	1:07	5.3	6:31	0.7	6:49	1.5	6:40	7:38	
3	Tue	1:02	5.3	1:32	5.5	6:59	1.0	7:24	1.3	6:41	7:36	
4	Wed	1:43	5.1	1:59	5.6	7:28	1.3	8:02	1.1	6:42	7:35	
5	Thu	2:28	4.8	2:29	5.7	7:59	1.7	8:45	1.0	6:42	7:33	
6	Fri	3:20	4.5	3:03	5.8	8:33	2.1	9:35	0.9	6:43	7:32	
7	Sat	4:23	4.2	3:45	5.8	9:14	2.6	10:34	0.8	6:44	7:30	
8	Sun	5:43	4.0	4:38	5.8	10:07	3.0	11:44	0.6	6:45	7:29	
9	Mon	7:12	4.0	5:41	5.8	11:20	3.2			6:46	7:27	
10	Tue	8:28	4.3	6:53	5.9	12:57	0.4	12:47	3.2	6:47	7:26	
11	Wed	9:23	4.6	8:03	6.0	2:04	0.1	2:03	2.9	6:48	7:24	
12	Thu	10:07	4.9	9:09	6.2	3:02	-0.1	3:06	2.4	6:48	7:22	
13	Fri	10:45	5.3	10:10	6.3	3:51	-0.3	4:01	1.8	6:49	7:21	
14	Sat	11:22	5.6	11:07	6.3	4:36	-0.2	4:53	1.2	6:50	7:19	
15	Sun	11:58	6.0			5:19	0.0	5:42	0.7	6:51	7:18	
16	Mon	12:03	6.1	12:34	6.2	6:00	0.3	6:32	0.3	6:52	7:16	
17	Tue	12:58	5.9	1:11	6.4	6:42	0.8	7:21	0.0	6:53	7:15	
18	Wed	1:54	5.5	1:49	6.4	7:23	1.3	8:11	0.0	6:53	7:13	
19	Thu	2:52	5.2	2:29	6.3	8:07	1.9	9:04	0.0	6:54	7:12	
20	Fri	3:54	4.8	3:13	6.1	8:56	2.4	10:00	0.2	6:55	7:10	
21	Sat	5:04	4.5	4:01	5.8	9:53	2.9	11:04	0.5	6:56	7:08	
22	Sun	6:24	4.4	4:59	5.5	11:06	3.2			6:57	7:07	
23	Mon	7:43	4.4	6:04	5.2	12:13	0.6	12:30	3.2	6:58	7:05	
24	Tue	8:45	4.6	7:13	5.1	1:21	0.7	1:43	3.0	6:59	7:04	
25	Wed	9:31	4.7	8:18	5.1	2:20	0.7	2:42	2.7	6:59	7:02	
26	Thu	10:07	4.9	9:14	5.2	3:08	0.7	3:29	2.3	7:00	7:01	
27	Fri	10:35	5.0	10:03	5.2	3:48	0.7	4:10	2.0	7:01	6:59	
28	Sat	11:01	5.2	10:49	5.2	4:22	0.8	4:47	1.6	7:02	6:58	
29	Sun	11:24	5.3	11:32	5.2	4:54	0.9	5:21	1.2	7:03	6:56	
30	Mon	11:49	5.5			5:23	1.2	5:53	0.9	7:04	6:54	