

Alcatraz Island, CA - May 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:54	5.0	6:24	4.5	10:53	-0.1	11:38	2.8	6:13	7:59	
2	Fri	4:55	4.6	7:20	4.5	11:51	0.2			6:12	8:00	
3	Sat	6:04	4.2	8:07	4.7	12:54	2.5	12:49	0.5	6:11	8:01	
4	Sun	7:19	4.0	8:46	4.8	1:59	2.1	1:43	0.8	6:10	8:02	
5	Mon	8:31	4.0	9:18	5.0	2:52	1.7	2:30	1.0	6:09	8:03	
6	Tue	9:35	4.0	9:48	5.2	3:38	1.2	3:13	1.3	6:08	8:04	
7	Wed	10:30	4.1	10:16	5.4	4:17	0.7	3:51	1.5	6:07	8:05	
8	Thu	11:21	4.2	10:45	5.6	4:53	0.3	4:27	1.8	6:06	8:05	
9	Fri			12:07	4.3	5:26	-0.1	5:03	2.0	6:05	8:06	
10	Sat			12:53	4.4	5:59	-0.4	5:38	2.2	6:04	8:07	
11	Sun			1:37	4.5	6:33	-0.7	6:15	2.4	6:03	8:08	
12	Mon	12:22	6.0	2:23	4.5	7:10	-0.9	6:55	2.6	6:02	8:09	
13	Tue	1:00	6.0	3:10	4.5	7:50	-1.0	7:39	2.7	6:01	8:10	
14	Wed	1:41	5.9	3:59	4.5	8:33	-1.0	8:30	2.8	6:00	8:11	
15	Thu	2:27	5.7	4:50	4.6	9:21	-0.9	9:31	2.8	5:59	8:12	
16	Fri	3:21	5.4	5:42	4.7	10:13	-0.6	10:45	2.6	5:58	8:13	
17	Sat	4:24	5.0	6:34	4.9	11:09	-0.3			5:58	8:13	
18	Sun	5:39	4.6	7:23	5.2	12:06	2.3	12:07	0.0	5:57	8:14	
19	Mon	7:02	4.3	8:09	5.6	1:21	1.7	1:06	0.4	5:56	8:15	
20	Tue	8:25	4.2	8:53	5.9	2:26	1.0	2:03	0.8	5:55	8:16	
21	Wed	9:42	4.3	9:35	6.2	3:22	0.2	2:56	1.2	5:55	8:17	
22	Thu	10:49	4.5	10:17	6.5	4:13	-0.4	3:47	1.6	5:54	8:18	
23	Fri	11:50	4.6	10:59	6.6	5:01	-0.9	4:37	1.9	5:53	8:18	
24	Sat			12:45	4.7	5:47	-1.2	5:26	2.2	5:53	8:19	
25	Sun			1:37	4.8	6:31	-1.3	6:16	2.4	5:52	8:20	
26	Mon	12:22	6.4	2:27	4.8	7:15	-1.3	7:06	2.6	5:51	8:21	
27	Tue	1:05	6.1	3:15	4.8	7:58	-1.1	7:57	2.7	5:51	8:22	
28	Wed	1:47	5.8	4:02	4.8	8:41	-0.9	8:53	2.8	5:50	8:22	
29	Thu	2:32	5.4	4:48	4.7	9:24	-0.5	9:54	2.8	5:50	8:23	
30	Fri	3:19	4.9	5:34	4.7	10:09	-0.1	11:02	2.7	5:49	8:24	
31	Sat	4:13	4.4	6:17	4.8	10:56	0.3			5:49	8:24	