

Alcatraz Island, CA - Jun 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:17	4.0	6:59	4.9	12:13	2.4	11:45 AM	0.7	5:49	8:25	
2	Mon	6:32	3.7	7:37	5.1	1:19	2.1	12:36	1.2	5:48	8:26	
3	Tue	7:53	3.5	8:13	5.3	2:16	1.6	1:26	1.5	5:48	8:26	
4	Wed	9:10	3.6	8:49	5.5	3:05	1.1	2:14	1.9	5:48	8:27	
5	Thu	10:15	3.8	9:24	5.7	3:47	0.6	3:00	2.2	5:47	8:28	
6	Fri	11:11	4.0	10:00	6.0	4:25	0.1	3:44	2.4	5:47	8:28	
7	Sat			12:00	4.2	5:01	-0.3	4:26	2.6	5:47	8:29	
8	Sun			12:45	4.4	5:37	-0.7	5:08	2.7	5:47	8:29	
9	Mon			1:28	4.6	6:14	-1.0	5:51	2.8	5:47	8:30	
10	Tue			2:11	4.7	6:53	-1.2	6:37	2.8	5:47	8:30	
11	Wed	12:40	6.3	2:53	4.8	7:34	-1.3	7:27	2.7	5:46	8:31	
12	Thu	1:27	6.2	3:36	4.9	8:17	-1.2	8:22	2.6	5:46	8:31	
13	Fri	2:17	5.9	4:20	5.1	9:02	-1.0	9:24	2.5	5:46	8:32	
14	Sat	3:12	5.4	5:05	5.3	9:49	-0.6	10:35	2.2	5:46	8:32	
15	Sun	4:16	4.9	5:52	5.5	10:39	-0.1	11:52	1.8	5:46	8:33	
16	Mon	5:32	4.4	6:40	5.8	11:33	0.5			5:46	8:33	
17	Tue	6:58	4.0	7:29	6.1	1:06	1.2	12:30	1.1	5:47	8:33	
18	Wed	8:27	3.9	8:17	6.3	2:13	0.6	1:30	1.6	5:47	8:34	
19	Thu	9:48	4.1	9:04	6.5	3:12	0.0	2:29	2.1	5:47	8:34	
20	Fri	10:55	4.3	9:51	6.6	4:04	-0.5	3:27	2.4	5:47	8:34	
21	Sat	11:53	4.6	10:36	6.6	4:52	-0.8	4:21	2.6	5:47	8:34	
22	Sun			12:43	4.8	5:37	-1.0	5:12	2.7	5:47	8:35	
23	Mon			1:29	4.9	6:18	-1.1	6:02	2.8	5:48	8:35	
24	Tue	12:03	6.4	2:11	4.9	6:58	-1.0	6:50	2.8	5:48	8:35	
25	Wed	12:44	6.1	2:50	4.9	7:36	-0.8	7:38	2.8	5:48	8:35	
26	Thu	1:25	5.8	3:27	4.9	8:13	-0.6	8:26	2.7	5:49	8:35	
27	Fri	2:07	5.4	4:02	4.9	8:50	-0.3	9:18	2.6	5:49	8:35	
28	Sat	2:50	5.0	4:37	5.0	9:27	0.1	10:15	2.5	5:49	8:35	
29	Sun	3:38	4.5	5:12	5.1	10:05	0.6	11:18	2.3	5:50	8:35	
30	Mon	4:35	4.0	5:50	5.2	10:45	1.1			5:50	8:35	