

Alcatraz Island, CA - Jul 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:47	3.6	6:29	5.3	12:24	2.0	11:31 AM	1.6	5:51	8:35	
2	Wed	7:15	3.5	7:11	5.5	1:27	1.6	12:22	2.1	5:51	8:35	
3	Thu	8:45	3.5	7:54	5.8	2:22	1.2	1:18	2.4	5:51	8:35	
4	Fri	9:59	3.8	8:38	6.0	3:10	0.7	2:14	2.7	5:52	8:35	
5	Sat	10:56	4.0	9:23	6.2	3:54	0.2	3:07	2.9	5:53	8:35	
6	Sun	11:43	4.3	10:08	6.4	4:34	-0.3	3:57	2.9	5:53	8:35	
7	Mon			12:25	4.6	5:14	-0.7	4:45	2.9	5:54	8:34	
8	Tue			1:04	4.8	5:53	-1.0	5:33	2.7	5:54	8:34	
9	Wed			1:43	5.0	6:34	-1.2	6:22	2.6	5:55	8:34	
10	Thu	12:28	6.6	2:22	5.2	7:15	-1.2	7:14	2.3	5:55	8:33	
11	Fri	1:18	6.4	3:01	5.4	7:56	-1.0	8:10	2.1	5:56	8:33	
12	Sat	2:10	6.0	3:42	5.7	8:39	-0.6	9:10	1.9	5:57	8:33	
13	Sun	3:08	5.5	4:24	5.9	9:23	-0.1	10:17	1.6	5:57	8:32	
14	Mon	4:13	4.9	5:10	6.1	10:11	0.6	11:30	1.3	5:58	8:32	
15	Tue	5:30	4.3	6:00	6.2	11:03	1.3			5:59	8:31	
16	Wed	7:00	4.0	6:53	6.4	12:45	0.9	12:03	1.9	6:00	8:31	
17	Thu	8:32	4.0	7:48	6.5	1:56	0.4	1:10	2.4	6:00	8:30	
18	Fri	9:51	4.2	8:42	6.5	2:58	0.0	2:17	2.7	6:01	8:30	
19	Sat	10:53	4.5	9:34	6.5	3:53	-0.3	3:20	2.8	6:02	8:29	
20	Sun	11:43	4.8	10:22	6.5	4:41	-0.5	4:15	2.8	6:03	8:28	
21	Mon			12:27	4.9	5:23	-0.6	5:05	2.7	6:03	8:28	
22	Tue			1:05	5.0	6:02	-0.6	5:51	2.7	6:04	8:27	
23	Wed			1:40	5.0	6:37	-0.5	6:34	2.6	6:05	8:26	
24	Thu	12:29	6.0	2:11	5.1	7:11	-0.3	7:15	2.5	6:06	8:26	
25	Fri	1:08	5.7	2:41	5.1	7:43	-0.1	7:57	2.4	6:06	8:25	
26	Sat	1:47	5.4	3:09	5.2	8:14	0.3	8:40	2.2	6:07	8:24	
27	Sun	2:28	5.0	3:38	5.2	8:46	0.7	9:26	2.1	6:08	8:23	
28	Mon	3:13	4.6	4:10	5.3	9:19	1.1	10:19	2.0	6:09	8:22	
29	Tue	4:06	4.2	4:45	5.4	9:55	1.6	11:19	1.8	6:10	8:21	
30	Wed	5:15	3.8	5:27	5.5	10:36	2.1			6:11	8:21	
31	Thu	6:44	3.6	6:14	5.6	12:25	1.6	11:29 AM	2.6	6:11	8:20	