

## Alcatraz Island, CA - Aug 1975

| Date |     | High  |     |       |     | Low   |      |          |     |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|-----|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft  | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Fri | 8:20  | 3.7 | 7:06  | 5.8 | 1:30  | 1.2  | 12:34    | 2.9 | 6:12                                                                                | 8:19 |    |
| 2    | Sat | 9:36  | 3.9 | 8:00  | 6.0 | 2:28  | 0.8  | 1:42     | 3.0 | 6:13                                                                                | 8:18 |    |
| 3    | Sun | 10:30 | 4.2 | 8:54  | 6.3 | 3:18  | 0.3  | 2:43     | 3.0 | 6:14                                                                                | 8:17 |    |
| 4    | Mon | 11:12 | 4.5 | 9:46  | 6.5 | 4:04  | -0.2 | 3:37     | 2.9 | 6:15                                                                                | 8:16 |    |
| 5    | Tue | 11:51 | 4.8 | 10:37 | 6.7 | 4:46  | -0.5 | 4:28     | 2.6 | 6:16                                                                                | 8:15 |    |
| 6    | Wed |       |     | 12:28 | 5.1 | 5:28  | -0.8 | 5:18     | 2.3 | 6:17                                                                                | 8:14 |    |
| 7    | Thu |       |     | 1:04  | 5.4 | 6:09  | -0.8 | 6:08     | 1.9 | 6:17                                                                                | 8:12 |    |
| 8    | Fri | 12:19 | 6.7 | 1:41  | 5.7 | 6:49  | -0.7 | 7:00     | 1.6 | 6:18                                                                                | 8:11 |    |
| 9    | Sat | 1:12  | 6.4 | 2:19  | 5.9 | 7:30  | -0.4 | 7:54     | 1.2 | 6:19                                                                                | 8:10 |    |
| 10   | Sun | 2:07  | 6.0 | 2:59  | 6.1 | 8:12  | 0.1  | 8:52     | 1.0 | 6:20                                                                                | 8:09 |    |
| 11   | Mon | 3:06  | 5.4 | 3:42  | 6.3 | 8:56  | 0.7  | 9:55     | 0.8 | 6:21                                                                                | 8:08 |    |
| 12   | Tue | 4:13  | 4.9 | 4:29  | 6.3 | 9:45  | 1.4  | 11:04    | 0.7 | 6:22                                                                                | 8:07 |   |
| 13   | Wed | 5:31  | 4.4 | 5:22  | 6.3 | 10:40 | 2.0  |          |     | 6:23                                                                                | 8:05 |  |
| 14   | Thu | 7:01  | 4.2 | 6:21  | 6.3 | 12:19 | 0.6  | 11:48 AM | 2.5 | 6:23                                                                                | 8:04 |  |
| 15   | Fri | 8:30  | 4.3 | 7:23  | 6.2 | 1:32  | 0.4  | 1:05     | 2.8 | 6:24                                                                                | 8:03 |  |
| 16   | Sat | 9:41  | 4.5 | 8:24  | 6.2 | 2:38  | 0.2  | 2:18     | 2.9 | 6:25                                                                                | 8:02 |  |
| 17   | Sun | 10:35 | 4.8 | 9:21  | 6.2 | 3:34  | 0.0  | 3:20     | 2.8 | 6:26                                                                                | 8:00 |  |
| 18   | Mon | 11:18 | 5.0 | 10:11 | 6.2 | 4:21  | -0.1 | 4:12     | 2.6 | 6:27                                                                                | 7:59 |  |
| 19   | Tue | 11:56 | 5.1 | 10:56 | 6.1 | 5:01  | -0.1 | 4:57     | 2.4 | 6:28                                                                                | 7:58 |  |
| 20   | Wed |       |     | 12:28 | 5.1 | 5:37  | 0.0  | 5:38     | 2.2 | 6:29                                                                                | 7:57 |  |
| 21   | Thu |       |     | 12:57 | 5.2 | 6:09  | 0.1  | 6:16     | 2.0 | 6:29                                                                                | 7:55 |  |
| 22   | Fri | 12:17 | 5.7 | 1:23  | 5.2 | 6:39  | 0.4  | 6:52     | 1.9 | 6:30                                                                                | 7:54 |  |
| 23   | Sat | 12:56 | 5.5 | 1:48  | 5.3 | 7:08  | 0.6  | 7:28     | 1.7 | 6:31                                                                                | 7:52 |  |
| 24   | Sun | 1:35  | 5.2 | 2:13  | 5.4 | 7:37  | 1.0  | 8:04     | 1.6 | 6:32                                                                                | 7:51 |  |
| 25   | Mon | 2:15  | 4.9 | 2:40  | 5.5 | 8:06  | 1.3  | 8:44     | 1.5 | 6:33                                                                                | 7:50 |  |
| 26   | Tue | 3:00  | 4.6 | 3:11  | 5.5 | 8:38  | 1.8  | 9:29     | 1.4 | 6:34                                                                                | 7:48 |  |
| 27   | Wed | 3:52  | 4.3 | 3:47  | 5.5 | 9:13  | 2.2  | 10:22    | 1.4 | 6:35                                                                                | 7:47 |  |
| 28   | Thu | 4:59  | 4.0 | 4:31  | 5.5 | 9:55  | 2.6  | 11:24    | 1.3 | 6:35                                                                                | 7:45 |  |
| 29   | Fri | 6:24  | 3.8 | 5:23  | 5.6 | 10:51 | 3.0  |          |     | 6:36                                                                                | 7:44 |  |
| 30   | Sat | 7:54  | 3.9 | 6:24  | 5.6 | 12:34 | 1.0  | 12:07    | 3.2 | 6:37                                                                                | 7:42 |  |
| 31   | Sun | 9:03  | 4.2 | 7:29  | 5.8 | 1:41  | 0.7  | 1:24     | 3.1 | 6:38                                                                                | 7:41 |  |