

Alcatraz Island, CA - Sep 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:52	4.5	8:31	6.0	2:39	0.3	2:29	2.9	6:39	7:40	
2	Tue	10:32	4.8	9:29	6.3	3:29	0.0	3:25	2.5	6:40	7:38	
3	Wed	11:09	5.1	10:25	6.4	4:14	-0.3	4:16	2.0	6:41	7:37	
4	Thu	11:44	5.5	11:20	6.5	4:57	-0.3	5:05	1.5	6:41	7:35	
5	Fri			12:20	5.8	5:38	-0.2	5:54	0.9	6:42	7:34	
6	Sat	12:14	6.3	12:57	6.1	6:19	0.0	6:45	0.5	6:43	7:32	
7	Sun	1:09	6.1	1:35	6.4	7:01	0.5	7:37	0.2	6:44	7:31	
8	Mon	2:06	5.7	2:16	6.5	7:44	1.0	8:32	0.1	6:45	7:29	
9	Tue	3:07	5.3	3:00	6.5	8:31	1.6	9:30	0.1	6:46	7:27	
10	Wed	4:14	4.9	3:50	6.3	9:22	2.1	10:35	0.2	6:46	7:26	
11	Thu	5:30	4.6	4:45	6.1	10:25	2.6	11:47	0.3	6:47	7:24	
12	Fri	6:54	4.5	5:49	5.8	11:43	2.9			6:48	7:23	
13	Sat	8:13	4.6	6:59	5.7	1:00	0.4	1:06	2.9	6:49	7:21	
14	Sun	9:15	4.8	8:06	5.6	2:07	0.4	2:17	2.7	6:50	7:20	
15	Mon	10:02	5.0	9:06	5.6	3:03	0.4	3:15	2.4	6:51	7:18	
16	Tue	10:41	5.1	9:59	5.6	3:49	0.4	4:03	2.1	6:52	7:17	
17	Wed	11:14	5.2	10:45	5.5	4:28	0.5	4:45	1.8	6:52	7:15	
18	Thu	11:42	5.3	11:28	5.4	5:03	0.6	5:22	1.5	6:53	7:13	
19	Fri			12:07	5.4	5:34	0.8	5:56	1.3	6:54	7:12	
20	Sat	12:09	5.3	12:30	5.5	6:03	1.1	6:29	1.1	6:55	7:10	
21	Sun	12:49	5.2	12:54	5.5	6:32	1.4	7:01	0.9	6:56	7:09	
22	Mon	1:29	5.0	1:20	5.6	7:01	1.7	7:35	0.8	6:57	7:07	
23	Tue	2:11	4.8	1:49	5.6	7:31	2.0	8:11	0.7	6:58	7:06	
24	Wed	2:57	4.6	2:21	5.6	8:04	2.4	8:53	0.7	6:58	7:04	
25	Thu	3:50	4.3	2:58	5.6	8:41	2.7	9:41	0.7	6:59	7:03	
26	Fri	4:53	4.2	3:44	5.5	9:27	3.0	10:39	0.7	7:00	7:01	
27	Sat	6:08	4.1	4:41	5.4	10:31	3.2	11:46	0.6	7:01	6:59	
28	Sun	7:22	4.2	5:49	5.3	11:54	3.2			7:02	6:58	
29	Mon	8:22	4.5	7:02	5.4	12:54	0.5	1:14	3.0	7:03	6:56	
30	Tue	9:08	4.8	8:12	5.5	1:56	0.3	2:19	2.5	7:04	6:55	