

Alcatraz Island, CA - Apr 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:08	5.4	1:07	4.5	6:28	0.3	6:22	1.8	5:54	6:32	●
2	Fri	12:36	5.4	1:50	4.3	7:02	0.2	6:55	2.1	5:52	6:33	●
3	Sat	1:06	5.4	2:37	4.2	7:40	0.2	7:31	2.4	5:51	6:34	●
4	Sun	1:41	5.3	3:32	4.0	8:23	0.2	8:13	2.7	5:49	6:35	◐
5	Mon	2:22	5.2	4:37	3.9	9:13	0.3	9:09	2.9	5:48	6:36	◐
6	Tue	3:12	5.0	5:47	4.0	10:11	0.3	10:25	2.9	5:46	6:37	◐
7	Wed	4:14	4.9	6:50	4.1	11:16	0.3	11:48	2.8	5:45	6:38	◐
8	Thu	5:27	4.8	7:40	4.4			12:20	0.2	5:43	6:39	◐
9	Fri	6:41	4.8	8:22	4.8	12:58	2.3	1:17	0.2	5:42	6:40	◐
10	Sat	7:50	5.0	9:00	5.2	1:55	1.8	2:08	0.1	5:40	6:41	◐
11	Sun	8:54	5.1	9:36	5.6	2:45	1.1	2:55	0.2	5:39	6:41	○
12	Mon	9:54	5.3	10:14	5.9	3:34	0.4	3:40	0.4	5:37	6:42	○
13	Tue	10:52	5.3	10:52	6.3	4:21	-0.3	4:24	0.7	5:36	6:43	○
14	Wed	11:48	5.3	11:32	6.5	5:09	-0.8	5:09	1.0	5:34	6:44	○
15	Thu			12:45	5.2	5:58	-1.1	5:55	1.4	5:33	6:45	○
16	Fri	12:14	6.5	1:43	5.0	6:48	-1.2	6:45	1.8	5:32	6:46	○
17	Sat	1:00	6.4	2:43	4.8	7:40	-1.1	7:39	2.2	5:30	6:47	○
18	Sun	1:49	6.1	3:47	4.7	8:35	-0.9	8:43	2.4	5:29	6:48	○
19	Mon	2:43	5.7	4:54	4.6	9:35	-0.5	10:00	2.6	5:28	6:49	○
20	Tue	3:45	5.2	6:02	4.6	10:40	-0.2	11:24	2.5	5:26	6:50	○
21	Wed	4:55	4.8	7:02	4.8	11:45	0.1			5:25	6:51	◐
22	Thu	6:11	4.5	7:52	5.0	12:39	2.2	12:46	0.4	5:24	6:52	◐
23	Fri	7:24	4.4	8:33	5.1	1:42	1.8	1:39	0.6	5:22	6:52	◐
24	Sat	8:29	4.4	9:07	5.2	2:34	1.3	2:24	0.8	5:21	6:53	◐
25	Sun	10:25	4.4	10:37	5.4	4:18	0.9	4:04	1.1	6:20	7:54	◐
26	Mon	11:14	4.4	11:04	5.4	4:56	0.5	4:40	1.3	6:19	7:55	◐
27	Tue			12:00	4.5	5:31	0.2	5:14	1.6	6:17	7:56	◐
28	Wed			12:43	4.5	6:03	0.0	5:47	1.9	6:16	7:57	◐
29	Thu			1:24	4.4	6:35	-0.2	6:20	2.1	6:15	7:58	●
30	Fri	12:26	5.6	2:06	4.4	7:06	-0.3	6:54	2.3	6:14	7:59	●