

Alcatraz Island, CA - May 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:57	5.6	2:48	4.4	7:40	-0.4	7:30	2.5	6:13	8:00	☀
2	Sun	1:31	5.5	3:33	4.3	8:16	-0.4	8:09	2.7	6:11	8:01	☀
3	Mon	2:08	5.4	4:22	4.3	8:57	-0.4	8:56	2.8	6:10	8:02	☀
4	Tue	2:50	5.2	5:15	4.3	9:43	-0.3	9:56	2.9	6:09	8:03	☀
5	Wed	3:41	5.0	6:09	4.4	10:35	-0.2	11:09	2.8	6:08	8:03	☀
6	Thu	4:43	4.7	7:01	4.6	11:32	0.0			6:07	8:04	☀
7	Fri	5:57	4.5	7:49	4.9	12:28	2.5	12:31	0.2	6:06	8:05	☀
8	Sat	7:17	4.4	8:32	5.3	1:38	1.9	1:29	0.4	6:05	8:06	☀
9	Sun	8:36	4.4	9:13	5.7	2:37	1.2	2:24	0.6	6:04	8:07	☀
10	Mon	9:47	4.5	9:54	6.1	3:30	0.4	3:16	0.9	6:03	8:08	☀
11	Tue	10:52	4.7	10:35	6.4	4:20	-0.3	4:05	1.2	6:02	8:09	☀
12	Wed	11:53	4.9	11:17	6.6	5:08	-0.9	4:54	1.5	6:01	8:10	☀
13	Thu			12:50	5.0	5:56	-1.4	5:44	1.8	6:00	8:11	☀
14	Fri	12:01	6.7	1:45	5.0	6:44	-1.6	6:35	2.1	5:59	8:12	☀
15	Sat	12:47	6.6	2:40	5.0	7:33	-1.6	7:28	2.3	5:59	8:12	☀
16	Sun	1:34	6.4	3:34	5.0	8:22	-1.4	8:26	2.5	5:58	8:13	☀
17	Mon	2:24	6.0	4:30	4.9	9:13	-1.1	9:31	2.5	5:57	8:14	☀
18	Tue	3:17	5.5	5:25	4.9	10:05	-0.7	10:44	2.5	5:56	8:15	☀
19	Wed	4:15	4.9	6:21	4.9	11:00	-0.2			5:55	8:16	☀
20	Thu	5:22	4.4	7:12	5.0	12:02	2.4	11:56 AM	0.3	5:55	8:17	☀
21	Fri	6:37	4.0	7:59	5.1	1:14	2.0	12:52	0.7	5:54	8:17	☀
22	Sat	7:55	3.8	8:39	5.3	2:17	1.6	1:45	1.1	5:53	8:18	☀
23	Sun	9:08	3.8	9:14	5.4	3:09	1.1	2:34	1.4	5:53	8:19	☀
24	Mon	10:12	3.9	9:46	5.6	3:54	0.7	3:18	1.8	5:52	8:20	☀
25	Tue	11:06	4.1	10:16	5.7	4:33	0.3	3:59	2.0	5:52	8:21	☀
26	Wed	11:54	4.2	10:48	5.8	5:09	0.0	4:38	2.3	5:51	8:21	☀
27	Thu			12:37	4.3	5:42	-0.3	5:15	2.5	5:51	8:22	☀
28	Fri			1:19	4.4	6:14	-0.5	5:52	2.6	5:50	8:23	☀
29	Sat			1:59	4.5	6:47	-0.6	6:29	2.7	5:50	8:24	☀
30	Sun	12:29	5.9	2:38	4.5	7:21	-0.7	7:09	2.8	5:49	8:24	☀
31	Mon	1:06	5.8	3:19	4.6	7:57	-0.8	7:53	2.8	5:49	8:25	☀