

Alcatraz Island, CA - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:46	5.6	4:01	4.6	8:36	-0.7	8:43	2.8	5:48	8:26	
2	Wed	2:31	5.4	4:45	4.7	9:19	-0.6	9:42	2.7	5:48	8:26	
3	Thu	3:22	5.1	5:30	4.9	10:05	-0.3	10:51	2.5	5:48	8:27	
4	Fri	4:24	4.7	6:16	5.1	10:55	0.0			5:47	8:28	
5	Sat	5:38	4.3	7:02	5.5	12:06	2.1	11:50 AM	0.4	5:47	8:28	
6	Sun	7:04	4.0	7:48	5.8	1:17	1.5	12:47	0.9	5:47	8:29	
7	Mon	8:29	4.0	8:33	6.2	2:20	0.8	1:46	1.3	5:47	8:29	
8	Tue	9:47	4.2	9:19	6.5	3:16	0.0	2:43	1.7	5:47	8:30	
9	Wed	10:55	4.4	10:05	6.7	4:08	-0.6	3:38	2.0	5:47	8:30	
10	Thu	11:54	4.7	10:52	6.9	4:57	-1.1	4:32	2.2	5:46	8:31	
11	Fri			12:49	4.9	5:45	-1.4	5:26	2.4	5:46	8:31	
12	Sat			1:39	5.0	6:32	-1.5	6:19	2.4	5:46	8:32	
13	Sun	12:27	6.7	2:28	5.1	7:18	-1.5	7:14	2.5	5:46	8:32	
14	Mon	1:14	6.4	3:14	5.1	8:03	-1.2	8:11	2.5	5:46	8:33	
15	Tue	2:03	5.9	4:00	5.2	8:47	-0.9	9:11	2.5	5:46	8:33	
16	Wed	2:52	5.4	4:46	5.2	9:32	-0.4	10:15	2.4	5:46	8:33	
17	Thu	3:46	4.8	5:30	5.2	10:18	0.1	11:25	2.3	5:47	8:34	
18	Fri	4:46	4.3	6:14	5.2	11:05	0.6			5:47	8:34	
19	Sat	5:57	3.9	6:57	5.3	12:34	2.0	11:56 AM	1.2	5:47	8:34	
20	Sun	7:20	3.6	7:38	5.5	1:39	1.6	12:48	1.6	5:47	8:34	
21	Mon	8:44	3.6	8:18	5.6	2:35	1.2	1:42	2.0	5:47	8:35	
22	Tue	9:56	3.8	8:56	5.8	3:23	0.7	2:33	2.4	5:48	8:35	
23	Wed	10:54	4.0	9:34	5.9	4:05	0.4	3:21	2.6	5:48	8:35	
24	Thu	11:41	4.2	10:12	6.0	4:43	0.0	4:05	2.7	5:48	8:35	
25	Fri			12:23	4.4	5:19	-0.3	4:47	2.8	5:48	8:35	
26	Sat			1:01	4.5	5:53	-0.5	5:27	2.8	5:49	8:35	
27	Sun			1:38	4.7	6:26	-0.7	6:08	2.8	5:49	8:35	
28	Mon	12:09	6.2	2:14	4.8	7:01	-0.8	6:51	2.8	5:50	8:35	
29	Tue	12:50	6.1	2:50	4.9	7:37	-0.8	7:37	2.7	5:50	8:35	
30	Wed	1:33	5.9	3:28	5.1	8:15	-0.7	8:27	2.5	5:50	8:35	