

Alcatraz Island, CA - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:20	5.6	4:06	5.3	8:55	-0.5	9:25	2.3	5:51	8:35	
2	Fri	3:13	5.2	4:48	5.5	9:37	-0.1	10:30	2.0	5:51	8:35	
3	Sat	4:16	4.7	5:32	5.7	10:24	0.4	11:42	1.6	5:52	8:35	
4	Sun	5:32	4.2	6:20	6.0	11:17	1.0			5:52	8:35	
5	Mon	7:01	3.9	7:10	6.2	12:55	1.1	12:15	1.6	5:53	8:35	
6	Tue	8:32	4.0	8:02	6.5	2:02	0.5	1:19	2.0	5:54	8:34	
7	Wed	9:51	4.2	8:55	6.7	3:03	-0.1	2:23	2.4	5:54	8:34	
8	Thu	10:55	4.5	9:47	6.8	3:57	-0.5	3:24	2.5	5:55	8:34	
9	Fri	11:49	4.8	10:37	6.9	4:47	-0.9	4:22	2.6	5:55	8:33	
10	Sat			12:37	5.0	5:33	-1.1	5:16	2.5	5:56	8:33	
11	Sun			1:22	5.1	6:17	-1.1	6:09	2.5	5:57	8:33	
12	Mon	12:13	6.6	2:03	5.3	6:59	-1.0	7:00	2.4	5:57	8:32	
13	Tue	12:59	6.3	2:42	5.3	7:39	-0.7	7:50	2.3	5:58	8:32	
14	Wed	1:45	5.8	3:20	5.3	8:18	-0.4	8:42	2.3	5:59	8:31	
15	Thu	2:31	5.4	3:57	5.4	8:56	0.1	9:37	2.2	5:59	8:31	
16	Fri	3:19	4.8	4:33	5.4	9:35	0.6	10:36	2.1	6:00	8:30	
17	Sat	4:14	4.3	5:11	5.4	10:16	1.2	11:40	1.9	6:01	8:30	
18	Sun	5:20	3.9	5:52	5.4	11:01	1.7			6:02	8:29	
19	Mon	6:44	3.6	6:36	5.5	12:46	1.7	11:54 AM	2.2	6:02	8:29	
20	Tue	8:16	3.6	7:23	5.6	1:49	1.3	12:54	2.6	6:03	8:28	
21	Wed	9:35	3.8	8:11	5.8	2:44	1.0	1:55	2.8	6:04	8:27	
22	Thu	10:32	4.1	8:57	6.0	3:31	0.6	2:50	2.9	6:05	8:26	
23	Fri	11:16	4.3	9:42	6.1	4:12	0.2	3:39	2.9	6:05	8:26	
24	Sat	11:54	4.5	10:26	6.3	4:50	-0.1	4:24	2.9	6:06	8:25	
25	Sun			12:29	4.7	5:25	-0.4	5:06	2.7	6:07	8:24	
26	Mon			1:02	4.9	6:00	-0.5	5:49	2.5	6:08	8:23	
27	Tue			1:36	5.1	6:36	-0.6	6:33	2.3	6:09	8:23	
28	Wed	12:38	6.3	2:10	5.4	7:12	-0.6	7:19	2.1	6:10	8:22	
29	Thu	1:25	6.1	2:46	5.6	7:49	-0.3	8:10	1.8	6:10	8:21	
30	Fri	2:15	5.7	3:24	5.8	8:29	0.0	9:05	1.6	6:11	8:20	
31	Sat	3:11	5.2	4:05	6.0	9:11	0.6	10:08	1.3	6:12	8:19	