

Alcatraz Island, CA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:16	4.7	4:51	6.1	9:58	1.2	11:17	1.1	6:13	8:18	
2	Mon	5:35	4.3	5:43	6.2	10:52	1.8			6:14	8:17	
3	Tue	7:05	4.1	6:40	6.4	12:32	0.8	11:56 AM	2.3	6:15	8:16	
4	Wed	8:35	4.2	7:40	6.5	1:44	0.4	1:09	2.6	6:15	8:15	
5	Thu	9:48	4.5	8:40	6.6	2:48	0.0	2:21	2.7	6:16	8:14	
6	Fri	10:45	4.8	9:36	6.6	3:44	-0.3	3:24	2.6	6:17	8:13	
7	Sat	11:32	5.0	10:29	6.6	4:33	-0.5	4:21	2.5	6:18	8:12	
8	Sun			12:14	5.2	5:17	-0.5	5:11	2.3	6:19	8:10	
9	Mon			12:52	5.3	5:58	-0.5	5:59	2.1	6:20	8:09	
10	Tue	12:03	6.3	1:27	5.4	6:35	-0.3	6:43	2.0	6:21	8:08	
11	Wed	12:47	6.0	2:00	5.4	7:10	0.0	7:27	1.9	6:21	8:07	
12	Thu	1:30	5.6	2:31	5.5	7:45	0.4	8:10	1.8	6:22	8:06	
13	Fri	2:14	5.2	3:01	5.5	8:19	0.8	8:55	1.7	6:23	8:05	
14	Sat	2:59	4.8	3:33	5.5	8:54	1.3	9:43	1.7	6:24	8:03	
15	Sun	3:50	4.4	4:08	5.5	9:31	1.8	10:38	1.6	6:25	8:02	
16	Mon	4:52	4.0	4:48	5.4	10:14	2.3	11:42	1.6	6:26	8:01	
17	Tue	6:11	3.8	5:36	5.4	11:07	2.7			6:27	7:59	
18	Wed	7:44	3.8	6:31	5.5	12:50	1.4	12:15	3.0	6:28	7:58	
19	Thu	9:02	4.0	7:28	5.6	1:53	1.1	1:26	3.1	6:28	7:57	
20	Fri	9:56	4.2	8:24	5.8	2:47	0.8	2:27	3.0	6:29	7:55	
21	Sat	10:37	4.5	9:16	6.0	3:33	0.4	3:18	2.8	6:30	7:54	
22	Sun	11:12	4.7	10:05	6.2	4:13	0.1	4:04	2.6	6:31	7:53	
23	Mon	11:45	5.0	10:53	6.3	4:51	-0.1	4:47	2.2	6:32	7:51	
24	Tue			12:17	5.3	5:28	-0.2	5:30	1.9	6:33	7:50	
25	Wed			12:51	5.5	6:04	-0.2	6:15	1.5	6:34	7:49	
26	Thu	12:30	6.2	1:25	5.8	6:42	0.0	7:02	1.1	6:34	7:47	
27	Fri	1:21	6.0	2:02	6.0	7:21	0.3	7:52	0.8	6:35	7:46	
28	Sat	2:15	5.6	2:41	6.2	8:02	0.8	8:46	0.6	6:36	7:44	
29	Sun	3:14	5.2	3:24	6.3	8:46	1.3	9:46	0.5	6:37	7:43	
30	Mon	4:21	4.8	4:14	6.3	9:37	1.9	10:53	0.5	6:38	7:41	
31	Tue	5:40	4.5	5:11	6.2	10:38	2.4			6:39	7:40	