

Alcatraz Island, CA - Sep 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:07	4.4	6:15	6.1	12:08	0.4	11:53 AM	2.7	6:40	7:38	
2	Thu	8:27	4.5	7:24	6.1	1:22	0.3	1:15	2.8	6:40	7:37	
3	Fri	9:31	4.8	8:30	6.1	2:28	0.2	2:28	2.6	6:41	7:35	
4	Sat	10:21	5.1	9:29	6.1	3:24	0.0	3:28	2.4	6:42	7:34	
5	Sun	11:03	5.3	10:23	6.0	4:12	0.0	4:20	2.1	6:43	7:32	
6	Mon	11:40	5.4	11:11	5.9	4:53	0.1	5:05	1.8	6:44	7:31	
7	Tue			12:13	5.5	5:31	0.2	5:47	1.5	6:45	7:29	
8	Wed			12:43	5.5	6:05	0.5	6:26	1.3	6:45	7:28	
9	Thu	12:39	5.6	1:11	5.6	6:38	0.8	7:03	1.2	6:46	7:26	
10	Fri	1:21	5.3	1:38	5.6	7:10	1.2	7:39	1.1	6:47	7:25	
11	Sat	2:03	5.0	2:06	5.6	7:42	1.6	8:17	1.1	6:48	7:23	
12	Sun	2:47	4.7	2:35	5.5	8:16	2.0	8:58	1.1	6:49	7:22	
13	Mon	3:37	4.4	3:10	5.5	8:52	2.4	9:45	1.1	6:50	7:20	
14	Tue	4:35	4.2	3:51	5.4	9:34	2.7	10:40	1.1	6:50	7:19	
15	Wed	5:46	4.0	4:41	5.3	10:29	3.0	11:44	1.1	6:51	7:17	
16	Thu	7:08	4.0	5:40	5.2	11:44	3.2			6:52	7:15	
17	Fri	8:18	4.2	6:46	5.2	12:52	1.0	1:03	3.1	6:53	7:14	
18	Sat	9:09	4.4	7:51	5.4	1:54	0.8	2:07	2.9	6:54	7:12	
19	Sun	9:48	4.7	8:51	5.6	2:45	0.5	2:59	2.5	6:55	7:11	
20	Mon	10:23	5.0	9:46	5.8	3:30	0.3	3:45	2.0	6:56	7:09	
21	Tue	10:56	5.3	10:39	5.9	4:11	0.2	4:28	1.5	6:56	7:08	
22	Wed	11:29	5.7	11:32	5.9	4:50	0.3	5:12	0.9	6:57	7:06	
23	Thu			12:04	6.0	5:30	0.4	5:58	0.4	6:58	7:05	
24	Fri	12:25	5.9	12:41	6.3	6:10	0.7	6:45	0.0	6:59	7:03	
25	Sat	1:20	5.7	1:19	6.5	6:52	1.1	7:35	-0.3	7:00	7:01	
26	Sun	2:16	5.5	2:02	6.5	7:37	1.5	8:27	-0.4	7:01	7:00	
27	Mon	3:17	5.2	2:48	6.5	8:26	2.0	9:25	-0.3	7:02	6:58	
28	Tue	4:24	4.9	3:41	6.2	9:22	2.4	10:29	-0.1	7:03	6:57	
29	Wed	5:38	4.7	4:43	5.9	10:33	2.7	11:40	0.1	7:03	6:55	
30	Thu	6:55	4.7	5:53	5.7	11:58	2.8			7:04	6:54	