

Alcatraz Island, CA - May 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:07	4.8	11:02	6.1	4:39	0.0	4:32	1.0	6:13	8:00	
2	Mon			12:04	5.0	5:24	-0.6	5:17	1.3	6:12	8:01	
3	Tue			1:00	5.0	6:10	-1.1	6:03	1.5	6:11	8:01	
4	Wed	12:23	6.5	1:55	5.0	6:58	-1.4	6:52	1.8	6:09	8:02	
5	Thu	1:07	6.5	2:52	5.0	7:47	-1.5	7:44	2.1	6:08	8:03	
6	Fri	1:55	6.4	3:50	4.9	8:39	-1.4	8:43	2.3	6:07	8:04	
7	Sat	2:48	6.1	4:50	4.9	9:34	-1.1	9:51	2.5	6:06	8:05	
8	Sun	3:46	5.6	5:52	4.9	10:33	-0.7	11:12	2.4	6:05	8:06	
9	Mon	4:51	5.1	6:53	5.0	11:35	-0.3			6:04	8:07	
10	Tue	6:06	4.7	7:49	5.2	12:34	2.2	12:38	0.1	6:03	8:08	
11	Wed	7:24	4.4	8:38	5.4	1:48	1.8	1:37	0.4	6:02	8:09	
12	Thu	8:40	4.2	9:20	5.5	2:50	1.3	2:31	0.8	6:01	8:10	
13	Fri	9:48	4.3	9:57	5.7	3:42	0.8	3:19	1.1	6:00	8:10	
14	Sat	10:46	4.3	10:31	5.7	4:27	0.4	4:02	1.4	6:00	8:11	
15	Sun	11:38	4.4	11:01	5.8	5:06	0.0	4:42	1.7	5:59	8:12	
16	Mon			12:25	4.4	5:42	-0.2	5:20	2.0	5:58	8:13	
17	Tue			1:09	4.4	6:15	-0.4	5:56	2.3	5:57	8:14	
18	Wed	12:00	5.7	1:50	4.5	6:48	-0.4	6:33	2.5	5:56	8:15	
19	Thu	12:31	5.7	2:30	4.4	7:20	-0.5	7:10	2.6	5:56	8:16	
20	Fri	1:03	5.6	3:11	4.4	7:53	-0.5	7:49	2.8	5:55	8:16	
21	Sat	1:39	5.4	3:52	4.4	8:29	-0.4	8:32	2.9	5:54	8:17	
22	Sun	2:17	5.2	4:36	4.4	9:08	-0.3	9:23	2.9	5:54	8:18	
23	Mon	3:00	5.0	5:22	4.5	9:51	-0.2	10:25	2.9	5:53	8:19	
24	Tue	3:51	4.6	6:08	4.6	10:38	0.1	11:37	2.7	5:52	8:20	
25	Wed	4:54	4.3	6:54	4.8	11:30	0.3			5:52	8:20	
26	Thu	6:08	4.1	7:38	5.1	12:47	2.3	12:25	0.6	5:51	8:21	
27	Fri	7:29	4.0	8:19	5.5	1:49	1.7	1:21	0.9	5:51	8:22	
28	Sat	8:48	4.1	9:01	5.9	2:43	1.0	2:15	1.2	5:50	8:23	
29	Sun	9:59	4.3	9:42	6.3	3:33	0.2	3:07	1.4	5:50	8:23	
30	Mon	11:03	4.5	10:25	6.6	4:21	-0.5	3:58	1.7	5:49	8:24	
31	Tue			12:02	4.7	5:08	-1.1	4:49	1.9	5:49	8:25	