

Alcatraz Island, CA - Jul 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			1:36	5.2	6:30	-1.5	6:22	2.3	5:51	8:35	
2	Sat	12:31	6.9	2:22	5.4	7:17	-1.4	7:19	2.3	5:51	8:35	
3	Sun	1:23	6.5	3:08	5.5	8:03	-1.2	8:17	2.2	5:52	8:35	
4	Mon	2:15	6.1	3:53	5.5	8:49	-0.8	9:19	2.1	5:52	8:35	
5	Tue	3:09	5.5	4:38	5.6	9:35	-0.2	10:26	2.0	5:53	8:35	
6	Wed	4:08	4.9	5:25	5.6	10:22	0.4	11:36	1.8	5:53	8:34	
7	Thu	5:15	4.3	6:11	5.7	11:13	1.0			5:54	8:34	
8	Fri	6:35	3.9	6:58	5.7	12:47	1.6	12:08	1.6	5:55	8:34	
9	Sat	8:03	3.8	7:44	5.8	1:52	1.2	1:06	2.1	5:55	8:34	
10	Sun	9:23	3.9	8:28	5.8	2:50	0.9	2:03	2.4	5:56	8:33	
11	Mon	10:27	4.1	9:10	5.9	3:39	0.5	2:57	2.6	5:56	8:33	
12	Tue	11:17	4.3	9:50	6.0	4:21	0.2	3:46	2.8	5:57	8:32	
13	Wed			12:00	4.5	4:59	0.0	4:30	2.8	5:58	8:32	
14	Thu			12:36	4.6	5:33	-0.2	5:10	2.8	5:59	8:31	
15	Fri			1:10	4.7	6:06	-0.3	5:49	2.8	5:59	8:31	
16	Sat			1:42	4.8	6:37	-0.4	6:27	2.7	6:00	8:30	
17	Sun	12:23	6.0	2:13	4.9	7:08	-0.4	7:06	2.6	6:01	8:30	
18	Mon	1:02	5.9	2:45	5.1	7:40	-0.3	7:47	2.5	6:01	8:29	
19	Tue	1:43	5.6	3:19	5.2	8:14	-0.2	8:34	2.3	6:02	8:29	
20	Wed	2:27	5.3	3:54	5.4	8:50	0.1	9:26	2.1	6:03	8:28	
21	Thu	3:18	4.9	4:33	5.6	9:30	0.5	10:26	1.9	6:04	8:27	
22	Fri	4:19	4.5	5:16	5.8	10:15	1.0	11:34	1.5	6:04	8:27	
23	Sat	5:36	4.1	6:04	6.0	11:07	1.6			6:05	8:26	
24	Sun	7:07	3.9	6:57	6.2	12:45	1.1	12:08	2.0	6:06	8:25	
25	Mon	8:37	4.0	7:53	6.5	1:53	0.5	1:15	2.4	6:07	8:24	
26	Tue	9:51	4.3	8:50	6.7	2:55	0.0	2:23	2.5	6:08	8:24	
27	Wed	10:51	4.7	9:45	6.9	3:50	-0.5	3:25	2.5	6:09	8:23	
28	Thu	11:41	5.0	10:39	7.0	4:40	-0.8	4:24	2.4	6:09	8:22	
29	Fri			12:27	5.2	5:28	-1.0	5:19	2.3	6:10	8:21	
30	Sat			1:10	5.4	6:13	-1.0	6:12	2.1	6:11	8:20	
31	Sun	12:22	6.7	1:51	5.6	6:56	-0.8	7:04	1.9	6:12	8:19	