

Alcatraz Island, CA - Aug 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:11	6.4	2:31	5.7	7:38	-0.5	7:57	1.8	6:13	8:18	
2	Tue	2:01	5.9	3:10	5.7	8:19	-0.1	8:51	1.7	6:14	8:17	
3	Wed	2:53	5.4	3:50	5.7	9:01	0.5	9:48	1.7	6:14	8:16	
4	Thu	3:48	4.8	4:30	5.7	9:44	1.1	10:50	1.6	6:15	8:15	
5	Fri	4:51	4.3	5:13	5.6	10:31	1.7	11:57	1.5	6:16	8:14	
6	Sat	6:08	4.0	6:00	5.6	11:25	2.2			6:17	8:13	
7	Sun	7:38	3.9	6:51	5.6	1:05	1.3	12:29	2.6	6:18	8:12	
8	Mon	9:01	4.0	7:43	5.6	2:07	1.1	1:35	2.8	6:19	8:11	
9	Tue	10:02	4.2	8:34	5.8	3:02	0.8	2:34	2.9	6:20	8:10	
10	Wed	10:48	4.4	9:21	5.9	3:47	0.5	3:26	2.9	6:20	8:08	
11	Thu	11:25	4.6	10:05	6.0	4:27	0.3	4:10	2.8	6:21	8:07	
12	Fri	11:58	4.8	10:47	6.1	5:02	0.1	4:50	2.6	6:22	8:06	
13	Sat			12:28	4.9	5:35	0.0	5:28	2.4	6:23	8:05	
14	Sun			12:58	5.1	6:06	-0.1	6:05	2.2	6:24	8:04	
15	Mon	12:09	6.0	1:28	5.3	6:38	0.0	6:44	2.0	6:25	8:02	
16	Tue	12:51	5.9	2:00	5.4	7:10	0.1	7:25	1.7	6:26	8:01	
17	Wed	1:35	5.7	2:33	5.6	7:44	0.4	8:11	1.5	6:26	8:00	
18	Thu	2:23	5.4	3:08	5.8	8:21	0.7	9:01	1.3	6:27	7:58	
19	Fri	3:17	5.0	3:48	5.9	9:02	1.2	9:59	1.1	6:28	7:57	
20	Sat	4:22	4.6	4:34	6.0	9:49	1.7	11:05	0.9	6:29	7:56	
21	Sun	5:41	4.2	5:28	6.1	10:45	2.2			6:30	7:54	
22	Mon	7:10	4.2	6:30	6.2	12:19	0.7	11:55 AM	2.6	6:31	7:53	
23	Tue	8:34	4.3	7:35	6.3	1:31	0.4	1:13	2.7	6:32	7:52	
24	Wed	9:40	4.6	8:38	6.4	2:36	0.1	2:25	2.6	6:32	7:50	
25	Thu	10:32	5.0	9:38	6.5	3:33	-0.2	3:28	2.4	6:33	7:49	
26	Fri	11:17	5.3	10:33	6.5	4:23	-0.4	4:23	2.1	6:34	7:48	
27	Sat	11:58	5.5	11:25	6.5	5:08	-0.4	5:14	1.8	6:35	7:46	
28	Sun			12:36	5.6	5:50	-0.3	6:02	1.5	6:36	7:45	
29	Mon	12:15	6.3	1:12	5.8	6:30	0.0	6:49	1.3	6:37	7:43	
30	Tue	1:03	6.0	1:47	5.8	7:08	0.3	7:34	1.2	6:38	7:42	
31	Wed	1:51	5.6	2:22	5.8	7:47	0.8	8:20	1.1	6:38	7:40	