

Alcatraz Island, CA - Sep 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:40	5.2	2:56	5.7	8:25	1.3	9:08	1.1	6:39	7:39	
2	Fri	3:32	4.8	3:33	5.6	9:06	1.8	10:00	1.2	6:40	7:37	
3	Sat	4:32	4.4	4:13	5.5	9:52	2.3	10:58	1.3	6:41	7:36	
4	Sun	5:44	4.1	5:00	5.3	10:47	2.7			6:42	7:34	
5	Mon	7:08	4.0	5:55	5.3	12:05	1.3	11:58 AM	3.0	6:43	7:33	
6	Tue	8:27	4.2	6:56	5.3	1:12	1.2	1:11	3.0	6:44	7:31	
7	Wed	9:24	4.4	7:56	5.3	2:13	1.0	2:15	2.9	6:44	7:30	
8	Thu	10:05	4.6	8:51	5.5	3:03	0.8	3:06	2.7	6:45	7:28	
9	Fri	10:39	4.8	9:41	5.6	3:45	0.6	3:50	2.4	6:46	7:27	
10	Sat	11:10	5.0	10:27	5.8	4:22	0.4	4:29	2.1	6:47	7:25	
11	Sun	11:39	5.2	11:12	5.8	4:56	0.3	5:06	1.8	6:48	7:24	
12	Mon			12:09	5.4	5:29	0.4	5:43	1.4	6:49	7:22	
13	Tue			12:40	5.6	6:03	0.5	6:23	1.0	6:49	7:20	
14	Wed	12:43	5.7	1:12	5.9	6:38	0.7	7:05	0.7	6:50	7:19	
15	Thu	1:32	5.5	1:47	6.0	7:15	1.0	7:50	0.5	6:51	7:17	
16	Fri	2:24	5.3	2:26	6.1	7:55	1.4	8:41	0.3	6:52	7:16	
17	Sat	3:22	5.0	3:09	6.1	8:39	1.9	9:37	0.3	6:53	7:14	
18	Sun	4:29	4.7	4:00	6.1	9:31	2.3	10:42	0.3	6:54	7:13	
19	Mon	5:46	4.5	5:00	5.9	10:37	2.7	11:54	0.3	6:55	7:11	
20	Tue	7:07	4.5	6:09	5.8	11:59	2.8			6:55	7:10	
21	Wed	8:19	4.7	7:22	5.8	1:07	0.2	1:22	2.7	6:56	7:08	
22	Thu	9:17	5.0	8:31	5.8	2:13	0.1	2:32	2.4	6:57	7:06	
23	Fri	10:04	5.3	9:33	5.9	3:10	0.1	3:31	1.9	6:58	7:05	
24	Sat	10:46	5.6	10:30	5.9	3:58	0.1	4:22	1.5	6:59	7:03	
25	Sun	11:23	5.7	11:22	5.8	4:42	0.3	5:08	1.1	7:00	7:02	
26	Mon	11:58	5.9			5:22	0.5	5:51	0.8	7:01	7:00	
27	Tue	12:11	5.6	12:30	5.9	6:00	0.8	6:32	0.6	7:01	6:59	
28	Wed	12:59	5.4	1:02	5.9	6:37	1.2	7:11	0.5	7:02	6:57	
29	Thu	1:45	5.2	1:32	5.8	7:14	1.6	7:51	0.5	7:03	6:56	
30	Fri	2:32	4.9	2:04	5.7	7:51	2.0	8:31	0.5	7:04	6:54	