

Alcatraz Island, CA - Apr 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:38	5.3	7:46	4.7			12:31	-0.1	5:54	6:32	
2	Sun	6:53	5.3	8:37	5.0	1:00	2.3	1:34	-0.2	5:53	6:33	
3	Mon	8:03	5.3	9:21	5.3	2:05	1.8	2:28	-0.2	5:51	6:34	
4	Tue	9:05	5.4	10:01	5.5	3:00	1.3	3:16	-0.1	5:50	6:35	
5	Wed	10:01	5.4	10:37	5.7	3:50	0.8	3:59	0.1	5:48	6:35	
6	Thu	10:54	5.3	11:12	5.8	4:35	0.4	4:40	0.4	5:47	6:36	
7	Fri	11:44	5.2	11:45	5.8	5:18	0.1	5:20	0.8	5:45	6:37	
8	Sat			12:33	5.0	5:59	-0.1	5:58	1.2	5:44	6:38	
9	Sun	12:18	5.8	1:21	4.8	6:39	-0.2	6:38	1.6	5:42	6:39	
10	Mon	12:50	5.6	2:11	4.6	7:20	-0.1	7:19	2.0	5:41	6:40	
11	Tue	1:24	5.5	3:04	4.3	8:02	0.0	8:04	2.4	5:39	6:41	
12	Wed	2:01	5.2	4:03	4.2	8:48	0.2	8:57	2.7	5:38	6:42	
13	Thu	2:43	4.9	5:09	4.1	9:41	0.4	10:06	2.9	5:37	6:43	
14	Fri	3:35	4.7	6:17	4.1	10:40	0.5	11:25	2.8	5:35	6:44	
15	Sat	4:38	4.5	7:14	4.2	11:44	0.6			5:34	6:45	
16	Sun	5:48	4.3	7:58	4.4	12:36	2.6	12:43	0.6	5:32	6:46	
17	Mon	6:57	4.3	8:33	4.7	1:33	2.3	1:33	0.6	5:31	6:46	
18	Tue	7:59	4.5	9:05	4.9	2:20	1.8	2:17	0.6	5:30	6:47	
19	Wed	8:55	4.6	9:36	5.2	3:00	1.4	2:56	0.7	5:28	6:48	
20	Thu	9:46	4.7	10:06	5.5	3:37	0.9	3:33	0.8	5:27	6:49	
21	Fri	10:36	4.8	10:38	5.7	4:14	0.4	4:10	1.0	5:26	6:50	
22	Sat	11:25	4.9	11:12	5.9	4:52	-0.1	4:48	1.2	5:24	6:51	
23	Sun			12:16	4.9	5:32	-0.5	5:28	1.5	5:23	6:52	
24	Mon			1:08	4.9	6:15	-0.8	6:10	1.8	5:22	6:53	
25	Tue	12:28	6.1	2:03	4.8	7:01	-1.0	6:57	2.1	5:20	6:54	
26	Wed	1:11	6.1	3:02	4.7	7:52	-1.0	7:51	2.3	5:19	6:55	
27	Thu	2:01	5.9	4:05	4.6	8:47	-0.9	8:57	2.5	5:18	6:56	
28	Fri	2:59	5.5	5:12	4.7	9:48	-0.6	10:18	2.6	5:17	6:57	
29	Sat	4:07	5.2	6:16	4.8	10:54	-0.4	11:44	2.3	5:15	6:58	
30	Sun	6:23	4.9	8:13	5.1			1:00	-0.1	6:14	7:58	