

Alcatraz Island, CA - May 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:42	4.7	9:02	5.4	1:59	1.8	2:01	0.1	6:13	7:59	
2	Tue	8:56	4.7	9:45	5.6	3:02	1.3	2:56	0.4	6:12	8:00	
3	Wed	10:02	4.7	10:24	5.8	3:55	0.7	3:44	0.6	6:11	8:01	
4	Thu	11:01	4.7	11:00	5.9	4:42	0.2	4:28	1.0	6:10	8:02	
5	Fri	11:55	4.7	11:34	6.0	5:25	-0.1	5:10	1.3	6:09	8:03	
6	Sat			12:45	4.7	6:04	-0.4	5:51	1.6	6:08	8:04	
7	Sun	12:07	5.9	1:32	4.7	6:42	-0.5	6:31	2.0	6:07	8:05	
8	Mon	12:38	5.8	2:19	4.6	7:18	-0.6	7:11	2.3	6:05	8:06	
9	Tue	1:10	5.7	3:04	4.5	7:55	-0.5	7:52	2.5	6:04	8:07	
10	Wed	1:44	5.5	3:51	4.4	8:33	-0.4	8:37	2.7	6:04	8:08	
11	Thu	2:20	5.2	4:39	4.3	9:13	-0.2	9:29	2.9	6:03	8:08	
12	Fri	3:02	4.9	5:30	4.3	9:57	0.0	10:32	2.9	6:02	8:09	
13	Sat	3:50	4.6	6:22	4.4	10:46	0.2	11:45	2.8	6:01	8:10	
14	Sun	4:48	4.3	7:10	4.5	11:39	0.4			6:00	8:11	
15	Mon	5:57	4.1	7:54	4.7	12:57	2.6	12:34	0.6	5:59	8:12	
16	Tue	7:12	3.9	8:32	5.0	1:56	2.1	1:28	0.8	5:58	8:13	
17	Wed	8:24	4.0	9:08	5.3	2:46	1.6	2:17	1.0	5:57	8:14	
18	Thu	9:30	4.1	9:43	5.6	3:29	1.0	3:03	1.2	5:57	8:15	
19	Fri	10:30	4.3	10:19	5.9	4:09	0.4	3:47	1.4	5:56	8:15	
20	Sat	11:26	4.5	10:56	6.2	4:50	-0.2	4:31	1.6	5:55	8:16	
21	Sun			12:20	4.7	5:31	-0.7	5:15	1.8	5:54	8:17	
22	Mon			1:13	4.8	6:14	-1.2	6:02	2.0	5:54	8:18	
23	Tue	12:17	6.5	2:06	4.9	7:00	-1.4	6:51	2.2	5:53	8:19	
24	Wed	1:03	6.5	2:59	5.0	7:48	-1.5	7:44	2.4	5:52	8:19	
25	Thu	1:52	6.3	3:53	5.0	8:38	-1.4	8:44	2.5	5:52	8:20	
26	Fri	2:45	6.0	4:49	5.1	9:31	-1.2	9:54	2.5	5:51	8:21	
27	Sat	3:45	5.5	5:46	5.2	10:27	-0.8	11:14	2.3	5:51	8:22	
28	Sun	4:52	5.0	6:42	5.3	11:26	-0.3			5:50	8:22	
29	Mon	6:09	4.6	7:35	5.5	12:35	2.0	12:27	0.2	5:50	8:23	
30	Tue	7:30	4.3	8:23	5.8	1:48	1.5	1:26	0.6	5:49	8:24	
31	Wed	8:49	4.2	9:08	5.9	2:50	0.9	2:21	1.0	5:49	8:25	