

Alcatraz Island, CA - Jun 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:00	4.2	9:48	6.1	3:44	0.4	3:12	1.4	5:49	8:25	
2	Fri	11:01	4.4	10:25	6.1	4:30	0.0	3:59	1.8	5:48	8:26	
3	Sat	11:55	4.5	11:00	6.1	5:12	-0.3	4:44	2.1	5:48	8:27	
4	Sun			12:44	4.6	5:50	-0.5	5:26	2.3	5:48	8:27	
5	Mon			1:29	4.6	6:25	-0.6	6:07	2.5	5:47	8:28	
6	Tue	12:06	5.9	2:10	4.6	6:59	-0.6	6:47	2.7	5:47	8:28	
7	Wed	12:40	5.8	2:50	4.6	7:33	-0.6	7:28	2.8	5:47	8:29	
8	Thu	1:15	5.6	3:28	4.6	8:08	-0.5	8:11	2.9	5:47	8:30	
9	Fri	1:51	5.4	4:07	4.6	8:43	-0.3	8:59	2.9	5:47	8:30	
10	Sat	2:31	5.1	4:47	4.6	9:21	-0.1	9:53	2.9	5:46	8:31	
11	Sun	3:16	4.8	5:28	4.7	10:02	0.1	10:57	2.8	5:46	8:31	
12	Mon	4:08	4.4	6:10	4.9	10:46	0.4			5:46	8:32	
13	Tue	5:12	4.1	6:52	5.1	12:05	2.5	11:35 AM	0.8	5:46	8:32	
14	Wed	6:29	3.8	7:34	5.4	1:09	2.1	12:27	1.1	5:46	8:32	
15	Thu	7:52	3.8	8:15	5.7	2:05	1.5	1:21	1.4	5:46	8:33	
16	Fri	9:10	3.9	8:56	6.0	2:55	0.8	2:15	1.7	5:46	8:33	
17	Sat	10:18	4.1	9:38	6.3	3:41	0.2	3:07	2.0	5:47	8:33	
18	Sun	11:18	4.4	10:22	6.6	4:27	-0.5	3:58	2.2	5:47	8:34	
19	Mon			12:12	4.7	5:12	-1.0	4:50	2.3	5:47	8:34	
20	Tue			1:04	4.9	5:58	-1.4	5:42	2.4	5:47	8:34	
21	Wed			1:53	5.1	6:45	-1.6	6:36	2.4	5:47	8:35	
22	Thu	12:46	6.8	2:42	5.3	7:33	-1.6	7:33	2.4	5:47	8:35	
23	Fri	1:38	6.6	3:31	5.4	8:22	-1.4	8:34	2.3	5:48	8:35	
24	Sat	2:33	6.1	4:20	5.5	9:11	-1.0	9:42	2.2	5:48	8:35	
25	Sun	3:32	5.6	5:10	5.6	10:02	-0.5	10:56	2.0	5:48	8:35	
26	Mon	4:38	4.9	6:01	5.7	10:56	0.1			5:49	8:35	
27	Tue	5:53	4.4	6:52	5.9	12:13	1.7	11:52 AM	0.7	5:49	8:35	
28	Wed	7:17	4.1	7:42	6.0	1:26	1.3	12:50	1.3	5:49	8:35	
29	Thu	8:42	4.0	8:29	6.1	2:30	0.8	1:49	1.7	5:50	8:35	
30	Fri	9:56	4.1	9:13	6.2	3:26	0.4	2:44	2.1	5:50	8:35	