

Alcatraz Island, CA - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:57	4.3	9:53	6.2	4:13	0.1	3:36	2.4	5:51	8:35	
2	Sun	11:49	4.5	10:31	6.2	4:55	-0.2	4:23	2.6	5:51	8:35	
3	Mon			12:33	4.6	5:33	-0.3	5:07	2.7	5:52	8:35	
4	Tue			1:13	4.7	6:07	-0.4	5:48	2.8	5:52	8:35	
5	Wed			1:49	4.7	6:40	-0.4	6:27	2.8	5:53	8:35	
6	Thu	12:19	5.9	2:22	4.8	7:11	-0.4	7:06	2.8	5:53	8:34	
7	Fri	12:54	5.8	2:54	4.8	7:43	-0.3	7:46	2.8	5:54	8:34	
8	Sat	1:31	5.6	3:26	4.9	8:15	-0.2	8:28	2.7	5:54	8:34	
9	Sun	2:10	5.3	4:00	5.0	8:48	0.0	9:15	2.6	5:55	8:34	
10	Mon	2:53	5.0	4:35	5.1	9:24	0.3	10:09	2.5	5:56	8:33	
11	Tue	3:42	4.6	5:14	5.3	10:03	0.7	11:11	2.2	5:56	8:33	
12	Wed	4:43	4.2	5:56	5.4	10:48	1.1			5:57	8:32	
13	Thu	6:01	3.9	6:41	5.7	12:17	1.9	11:39 AM	1.6	5:58	8:32	
14	Fri	7:31	3.8	7:28	6.0	1:22	1.3	12:38	2.0	5:58	8:32	
15	Sat	8:56	3.9	8:18	6.3	2:21	0.7	1:39	2.3	5:59	8:31	
16	Sun	10:07	4.2	9:08	6.6	3:15	0.1	2:40	2.4	6:00	8:31	
17	Mon	11:06	4.6	10:00	6.9	4:05	-0.5	3:38	2.5	6:00	8:30	
18	Tue	11:57	4.9	10:51	7.0	4:54	-1.0	4:34	2.4	6:01	8:29	
19	Wed			12:44	5.1	5:41	-1.3	5:29	2.3	6:02	8:29	
20	Thu			1:29	5.4	6:28	-1.4	6:24	2.2	6:03	8:28	
21	Fri	12:35	6.9	2:14	5.6	7:14	-1.3	7:20	2.0	6:04	8:28	
22	Sat	1:28	6.6	2:58	5.7	8:00	-1.0	8:19	1.9	6:04	8:27	
23	Sun	2:23	6.1	3:42	5.8	8:46	-0.5	9:21	1.7	6:05	8:26	
24	Mon	3:21	5.5	4:28	5.9	9:34	0.1	10:28	1.6	6:06	8:25	
25	Tue	4:24	4.9	5:16	5.9	10:23	0.7	11:40	1.4	6:07	8:25	
26	Wed	5:38	4.4	6:06	5.9	11:18	1.4			6:07	8:24	
27	Thu	7:04	4.1	6:58	5.9	12:52	1.2	12:19	1.9	6:08	8:23	
28	Fri	8:31	4.1	7:50	6.0	2:00	0.9	1:23	2.4	6:09	8:22	
29	Sat	9:45	4.3	8:40	6.0	2:59	0.6	2:25	2.6	6:10	8:21	
30	Sun	10:43	4.5	9:25	6.0	3:49	0.4	3:20	2.7	6:11	8:20	
31	Mon	11:29	4.6	10:08	6.1	4:32	0.2	4:08	2.8	6:12	8:19	