

Alcatraz Island, CA - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			12:08	4.8	5:09	0.0	4:51	2.7	6:12	8:18	
2	Wed			12:42	4.8	5:43	0.0	5:31	2.7	6:13	8:17	
3	Thu			1:13	4.9	6:15	-0.1	6:07	2.6	6:14	8:16	
4	Fri	12:03	6.0	1:41	5.0	6:45	0.0	6:43	2.5	6:15	8:15	
5	Sat	12:39	5.8	2:10	5.1	7:14	0.0	7:20	2.3	6:16	8:14	
6	Sun	1:17	5.6	2:39	5.2	7:44	0.2	7:59	2.2	6:17	8:13	
7	Mon	1:56	5.4	3:10	5.3	8:15	0.4	8:41	2.1	6:18	8:12	
8	Tue	2:39	5.0	3:44	5.4	8:49	0.8	9:30	1.9	6:18	8:11	
9	Wed	3:29	4.7	4:21	5.5	9:27	1.2	10:27	1.7	6:19	8:10	
10	Thu	4:31	4.3	5:05	5.7	10:11	1.7	11:32	1.4	6:20	8:09	
11	Fri	5:51	4.0	5:54	5.8	11:05	2.1			6:21	8:08	
12	Sat	7:22	4.0	6:50	6.0	12:42	1.1	12:10	2.5	6:22	8:06	
13	Sun	8:47	4.1	7:50	6.3	1:49	0.6	1:21	2.7	6:23	8:05	
14	Mon	9:53	4.5	8:49	6.5	2:50	0.1	2:29	2.7	6:24	8:04	
15	Tue	10:46	4.8	9:46	6.8	3:44	-0.4	3:31	2.5	6:25	8:03	
16	Wed	11:33	5.1	10:41	6.9	4:34	-0.7	4:27	2.2	6:25	8:01	
17	Thu			12:16	5.4	5:21	-0.8	5:21	1.9	6:26	8:00	
18	Fri			12:57	5.7	6:07	-0.8	6:13	1.6	6:27	7:59	
19	Sat	12:28	6.7	1:37	5.9	6:51	-0.6	7:06	1.4	6:28	7:57	
20	Sun	1:21	6.4	2:18	6.0	7:34	-0.2	7:59	1.2	6:29	7:56	
21	Mon	2:14	5.9	2:59	6.0	8:17	0.3	8:55	1.1	6:30	7:55	
22	Tue	3:11	5.4	3:41	6.0	9:02	0.9	9:54	1.1	6:31	7:53	
23	Wed	4:13	4.9	4:26	5.9	9:51	1.5	10:58	1.1	6:31	7:52	
24	Thu	5:24	4.4	5:16	5.7	10:47	2.1			6:32	7:51	
25	Fri	6:48	4.2	6:10	5.6	12:08	1.1	11:52 AM	2.5	6:33	7:49	
26	Sat	8:14	4.3	7:08	5.6	1:18	1.0	1:04	2.8	6:34	7:48	
27	Sun	9:23	4.4	8:05	5.6	2:21	0.8	2:10	2.8	6:35	7:46	
28	Mon	10:14	4.6	8:58	5.7	3:14	0.7	3:06	2.8	6:36	7:45	
29	Tue	10:55	4.8	9:45	5.7	3:58	0.5	3:53	2.6	6:37	7:44	
30	Wed	11:29	4.9	10:28	5.8	4:37	0.4	4:34	2.4	6:37	7:42	
31	Thu	11:58	5.0	11:09	5.8	5:10	0.3	5:12	2.2	6:38	7:41	