

Alcatraz Island, CA - Sep 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:26	5.1	5:41	0.3	5:46	2.0	6:39	7:39	
2	Sat			12:53	5.2	6:11	0.4	6:21	1.8	6:40	7:38	
3	Sun	12:27	5.7	1:21	5.4	6:40	0.5	6:55	1.6	6:41	7:36	
4	Mon	1:07	5.5	1:50	5.5	7:10	0.7	7:33	1.4	6:42	7:35	
5	Tue	1:49	5.3	2:21	5.6	7:42	1.0	8:14	1.2	6:42	7:33	
6	Wed	2:36	5.0	2:55	5.7	8:17	1.4	9:00	1.1	6:43	7:32	
7	Thu	3:29	4.7	3:34	5.7	8:57	1.8	9:54	0.9	6:44	7:30	
8	Fri	4:34	4.4	4:21	5.8	9:45	2.2	10:58	0.8	6:45	7:29	
9	Sat	5:53	4.2	5:17	5.8	10:45	2.6			6:46	7:27	
10	Sun	7:18	4.3	6:22	5.8	12:09	0.6	12:01	2.8	6:47	7:26	
11	Mon	8:33	4.5	7:31	6.0	1:20	0.4	1:21	2.8	6:48	7:24	
12	Tue	9:31	4.8	8:37	6.1	2:25	0.1	2:31	2.5	6:48	7:22	
13	Wed	10:19	5.2	9:39	6.3	3:21	-0.1	3:30	2.1	6:49	7:21	
14	Thu	11:02	5.5	10:36	6.4	4:11	-0.3	4:24	1.6	6:50	7:19	
15	Fri	11:42	5.7	11:31	6.3	4:57	-0.3	5:14	1.2	6:51	7:18	
16	Sat			12:20	5.9	5:40	-0.1	6:03	0.8	6:52	7:16	
17	Sun	12:23	6.2	12:58	6.1	6:23	0.2	6:50	0.6	6:53	7:15	
18	Mon	1:16	5.9	1:35	6.1	7:05	0.7	7:38	0.4	6:53	7:13	
19	Tue	2:09	5.5	2:13	6.1	7:47	1.2	8:27	0.4	6:54	7:12	
20	Wed	3:03	5.2	2:52	5.9	8:31	1.7	9:18	0.5	6:55	7:10	
21	Thu	4:03	4.8	3:34	5.7	9:20	2.2	10:14	0.7	6:56	7:08	
22	Fri	5:10	4.5	4:21	5.4	10:17	2.6	11:16	0.9	6:57	7:07	
23	Sat	6:27	4.4	5:17	5.2	11:28	2.9			6:58	7:05	
24	Sun	7:44	4.4	6:19	5.1	12:24	0.9	12:45	3.0	6:59	7:04	
25	Mon	8:46	4.6	7:25	5.0	1:29	0.9	1:53	2.9	6:59	7:02	
26	Tue	9:33	4.7	8:26	5.1	2:26	0.9	2:48	2.6	7:00	7:01	
27	Wed	10:09	4.9	9:19	5.2	3:13	0.8	3:34	2.3	7:01	6:59	
28	Thu	10:40	5.1	10:07	5.3	3:53	0.7	4:14	1.9	7:02	6:58	
29	Fri	11:08	5.2	10:51	5.4	4:28	0.7	4:50	1.6	7:03	6:56	
30	Sat	11:35	5.4	11:34	5.4	5:01	0.8	5:24	1.3	7:04	6:54	