

Alcatraz Island, CA - Apr 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:11	5.7	3:47	4.4	8:49	0.0	8:52	2.3	5:55	6:32	
2	Mon	2:56	5.4	5:00	4.2	9:48	0.2	9:59	2.6	5:53	6:33	
3	Tue	3:49	5.0	6:18	4.2	10:53	0.4	11:19	2.8	5:52	6:33	
4	Wed	4:51	4.8	7:27	4.4			12:00	0.5	5:50	6:34	
5	Thu	6:00	4.6	8:19	4.5	12:35	2.7	1:02	0.5	5:49	6:35	
6	Fri	7:07	4.6	8:59	4.7	1:37	2.4	1:55	0.5	5:47	6:36	
7	Sat	8:06	4.6	9:31	4.8	2:27	2.1	2:39	0.5	5:46	6:37	
8	Sun	8:58	4.7	9:59	5.0	3:09	1.7	3:17	0.5	5:44	6:38	
9	Mon	9:44	4.8	10:26	5.1	3:47	1.3	3:50	0.6	5:43	6:39	
10	Tue	10:28	4.8	10:52	5.3	4:21	1.0	4:22	0.8	5:41	6:40	
11	Wed	11:10	4.8	11:19	5.4	4:54	0.6	4:52	1.0	5:40	6:41	
12	Thu	11:53	4.8	11:48	5.5	5:26	0.3	5:24	1.2	5:38	6:42	
13	Fri			12:37	4.7	6:01	0.1	5:57	1.5	5:37	6:43	
14	Sat	12:18	5.6	1:24	4.6	6:38	-0.2	6:33	1.8	5:36	6:43	
15	Sun	12:51	5.6	2:16	4.5	7:19	-0.3	7:13	2.1	5:34	6:44	
16	Mon	1:29	5.6	3:14	4.3	8:06	-0.4	8:01	2.4	5:33	6:45	
17	Tue	2:13	5.5	4:20	4.3	9:00	-0.3	9:01	2.7	5:31	6:46	
18	Wed	3:08	5.3	5:31	4.3	10:01	-0.3	10:19	2.8	5:30	6:47	
19	Thu	4:14	5.1	6:37	4.5	11:09	-0.2	11:46	2.6	5:29	6:48	
20	Fri	5:31	5.0	7:34	4.8			12:16	-0.2	5:27	6:49	
21	Sat	6:48	5.0	8:21	5.1	1:01	2.1	1:17	-0.1	5:26	6:50	
22	Sun	8:00	5.0	9:03	5.5	2:03	1.5	2:11	0.0	5:25	6:51	
23	Mon	9:06	5.1	9:43	5.8	2:57	0.9	3:01	0.1	5:23	6:52	
24	Tue	10:06	5.2	10:21	6.0	3:46	0.3	3:47	0.4	5:22	6:53	
25	Wed	11:02	5.2	10:58	6.2	4:33	-0.2	4:31	0.8	5:21	6:54	
26	Thu	11:56	5.1	11:35	6.2	5:18	-0.6	5:15	1.2	5:19	6:55	
27	Fri			12:49	5.0	6:02	-0.8	5:59	1.6	5:18	6:55	
28	Sat	12:12	6.1	1:43	4.8	6:46	-0.8	6:44	2.0	5:17	6:56	
29	Sun	12:50	5.9	3:37	4.7	8:31	-0.7	8:33	2.3	6:16	7:57	
30	Mon	2:30	5.6	4:35	4.5	9:17	-0.5	9:29	2.6	6:15	7:58	