

Alcatraz Island, CA - May 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:12	5.2	5:36	4.4	10:07	-0.2	10:35	2.8	6:13	7:59	
2	Wed	4:01	4.8	6:38	4.4	11:02	0.1	11:52	2.8	6:12	8:00	
3	Thu	5:00	4.5	7:36	4.5			12:01	0.4	6:11	8:01	
4	Fri	6:08	4.2	8:23	4.6	1:05	2.6	1:00	0.6	6:10	8:02	
5	Sat	7:21	4.1	9:02	4.8	2:07	2.3	1:55	0.7	6:09	8:03	
6	Sun	8:29	4.1	9:34	5.0	2:59	1.8	2:42	0.8	6:08	8:04	
7	Mon	9:30	4.1	10:04	5.2	3:42	1.4	3:23	1.0	6:07	8:05	
8	Tue	10:24	4.3	10:34	5.4	4:20	0.9	4:01	1.2	6:06	8:06	
9	Wed	11:14	4.4	11:03	5.6	4:55	0.5	4:37	1.4	6:05	8:06	
10	Thu			12:01	4.5	5:29	0.0	5:13	1.6	6:04	8:07	
11	Fri			12:49	4.6	6:04	-0.3	5:49	1.8	6:03	8:08	
12	Sat	12:07	5.9	1:36	4.6	6:41	-0.7	6:28	2.1	6:02	8:09	
13	Sun	12:42	6.0	2:25	4.7	7:20	-0.9	7:10	2.3	6:01	8:10	
14	Mon	1:21	6.0	3:17	4.6	8:04	-1.0	7:57	2.5	6:00	8:11	
15	Tue	2:04	5.9	4:11	4.6	8:51	-1.0	8:52	2.7	5:59	8:12	
16	Wed	2:53	5.7	5:09	4.7	9:43	-0.9	9:59	2.7	5:58	8:13	
17	Thu	3:51	5.3	6:08	4.8	10:40	-0.6	11:19	2.6	5:58	8:13	
18	Fri	4:59	5.0	7:05	5.0	11:42	-0.4			5:57	8:14	
19	Sat	6:17	4.7	7:57	5.3	12:42	2.3	12:44	0.0	5:56	8:15	
20	Sun	7:38	4.5	8:44	5.6	1:55	1.7	1:43	0.3	5:55	8:16	
21	Mon	8:55	4.5	9:27	5.9	2:56	1.0	2:39	0.6	5:55	8:17	
22	Tue	10:05	4.5	10:08	6.2	3:50	0.4	3:30	0.9	5:54	8:18	
23	Wed	11:08	4.6	10:47	6.3	4:38	-0.2	4:18	1.3	5:53	8:18	
24	Thu			12:05	4.7	5:23	-0.6	5:04	1.7	5:53	8:19	
25	Fri			12:58	4.8	6:06	-0.9	5:50	2.0	5:52	8:20	
26	Sat	12:03	6.3	1:49	4.8	6:47	-1.0	6:35	2.3	5:51	8:21	
27	Sun	12:40	6.1	2:38	4.8	7:28	-0.9	7:22	2.5	5:51	8:22	
28	Mon	1:17	5.9	3:25	4.7	8:08	-0.8	8:10	2.7	5:50	8:22	
29	Tue	1:55	5.6	4:13	4.7	8:49	-0.6	9:03	2.9	5:50	8:23	
30	Wed	2:36	5.2	5:01	4.6	9:31	-0.3	10:03	2.9	5:49	8:24	
31	Thu	3:21	4.8	5:49	4.6	10:16	0.0	11:11	2.8	5:49	8:24	