

Alcatraz Island, CA - Jun 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:14	4.4	6:35	4.7	11:05	0.3			5:49	8:25	
2	Sat	5:16	4.1	7:18	4.8	12:22	2.6	11:56 AM	0.7	5:48	8:26	
3	Sun	6:29	3.8	7:58	5.0	1:26	2.3	12:49	1.0	5:48	8:26	
4	Mon	7:46	3.7	8:34	5.3	2:21	1.8	1:39	1.2	5:48	8:27	
5	Tue	8:59	3.8	9:09	5.5	3:08	1.3	2:26	1.5	5:47	8:28	
6	Wed	10:03	3.9	9:43	5.8	3:49	0.8	3:11	1.8	5:47	8:28	
7	Thu	11:00	4.1	10:19	6.0	4:27	0.2	3:53	2.0	5:47	8:29	
8	Fri	11:52	4.4	10:56	6.2	5:04	-0.3	4:36	2.2	5:47	8:29	
9	Sat			12:41	4.6	5:42	-0.7	5:19	2.4	5:47	8:30	
10	Sun			1:29	4.7	6:22	-1.1	6:05	2.5	5:47	8:30	
11	Mon	12:16	6.5	2:17	4.9	7:05	-1.3	6:53	2.6	5:46	8:31	
12	Tue	1:01	6.4	3:05	5.0	7:50	-1.4	7:46	2.6	5:46	8:31	
13	Wed	1:49	6.2	3:54	5.1	8:37	-1.3	8:45	2.6	5:46	8:32	
14	Thu	2:42	5.9	4:44	5.2	9:26	-1.0	9:52	2.5	5:46	8:32	
15	Fri	3:41	5.4	5:35	5.3	10:19	-0.6	11:09	2.3	5:46	8:33	
16	Sat	4:49	4.9	6:27	5.6	11:15	-0.1			5:46	8:33	
17	Sun	6:07	4.5	7:18	5.8	12:29	1.9	12:13	0.4	5:47	8:33	
18	Mon	7:32	4.2	8:07	6.1	1:41	1.3	1:12	0.9	5:47	8:34	
19	Tue	8:54	4.2	8:53	6.3	2:45	0.7	2:09	1.4	5:47	8:34	
20	Wed	10:07	4.3	9:37	6.4	3:40	0.2	3:04	1.7	5:47	8:34	
21	Thu	11:10	4.5	10:19	6.5	4:29	-0.3	3:56	2.1	5:47	8:34	
22	Fri			12:05	4.6	5:13	-0.6	4:45	2.3	5:47	8:35	
23	Sat			12:55	4.8	5:54	-0.7	5:32	2.5	5:48	8:35	
24	Sun			1:40	4.8	6:32	-0.8	6:17	2.7	5:48	8:35	
25	Mon	12:15	6.2	2:22	4.9	7:09	-0.7	7:02	2.8	5:48	8:35	
26	Tue	12:52	5.9	3:02	4.9	7:45	-0.6	7:47	2.8	5:49	8:35	
27	Wed	1:30	5.7	3:39	4.8	8:21	-0.4	8:33	2.9	5:49	8:35	
28	Thu	2:09	5.4	4:16	4.8	8:58	-0.2	9:24	2.8	5:49	8:35	
29	Fri	2:50	5.0	4:54	4.9	9:35	0.1	10:21	2.8	5:50	8:35	
30	Sat	3:37	4.6	5:32	5.0	10:15	0.5	11:25	2.6	5:50	8:35	