

Alcatraz Island, CA - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:33	4.2	6:12	5.1	10:59	0.9			5:51	8:35	
2	Mon	5:42	3.8	6:54	5.3	12:31	2.3	11:47 AM	1.3	5:51	8:35	
3	Tue	7:05	3.6	7:35	5.5	1:32	1.8	12:39	1.7	5:52	8:35	
4	Wed	8:30	3.7	8:17	5.8	2:25	1.3	1:33	2.0	5:52	8:35	
5	Thu	9:43	3.9	8:59	6.1	3:12	0.7	2:26	2.3	5:53	8:35	
6	Fri	10:44	4.2	9:42	6.3	3:56	0.2	3:18	2.5	5:53	8:35	
7	Sat	11:37	4.5	10:26	6.6	4:38	-0.4	4:08	2.6	5:54	8:34	
8	Sun			12:25	4.7	5:20	-0.8	4:57	2.6	5:54	8:34	
9	Mon			1:10	5.0	6:03	-1.2	5:47	2.6	5:55	8:34	
10	Tue			1:55	5.2	6:47	-1.3	6:39	2.5	5:56	8:33	
11	Wed	12:48	6.8	2:39	5.3	7:32	-1.3	7:34	2.3	5:56	8:33	
12	Thu	1:40	6.5	3:23	5.5	8:18	-1.1	8:33	2.2	5:57	8:33	
13	Fri	2:34	6.1	4:09	5.7	9:06	-0.7	9:38	2.0	5:57	8:32	
14	Sat	3:34	5.5	4:57	5.8	9:55	-0.2	10:50	1.8	5:58	8:32	
15	Sun	4:42	4.9	5:47	6.0	10:47	0.4			5:59	8:31	
16	Mon	6:00	4.4	6:39	6.1	12:06	1.5	11:44 AM	1.1	6:00	8:31	
17	Tue	7:28	4.2	7:31	6.2	1:20	1.1	12:46	1.6	6:00	8:30	
18	Wed	8:54	4.2	8:22	6.3	2:27	0.6	1:48	2.1	6:01	8:30	
19	Thu	10:07	4.4	9:11	6.4	3:25	0.2	2:49	2.4	6:02	8:29	
20	Fri	11:06	4.6	9:57	6.4	4:15	-0.1	3:44	2.6	6:03	8:28	
21	Sat	11:56	4.8	10:40	6.4	4:59	-0.3	4:34	2.7	6:03	8:28	
22	Sun			12:39	4.9	5:38	-0.4	5:20	2.7	6:04	8:27	
23	Mon			1:18	5.0	6:14	-0.4	6:02	2.7	6:05	8:26	
24	Tue			1:53	5.0	6:48	-0.3	6:43	2.7	6:06	8:26	
25	Wed	12:35	6.0	2:25	5.0	7:20	-0.2	7:22	2.6	6:06	8:25	
26	Thu	1:11	5.7	2:55	5.0	7:52	-0.1	8:02	2.6	6:07	8:24	
27	Fri	1:49	5.5	3:25	5.1	8:23	0.2	8:45	2.5	6:08	8:23	
28	Sat	2:29	5.1	3:57	5.1	8:56	0.5	9:32	2.4	6:09	8:22	
29	Sun	3:12	4.7	4:32	5.2	9:31	0.9	10:26	2.3	6:10	8:21	
30	Mon	4:05	4.3	5:10	5.3	10:10	1.3	11:27	2.0	6:11	8:21	
31	Tue	5:11	4.0	5:53	5.5	10:55	1.8			6:11	8:20	