

Alcatraz Island, CA - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:35	3.8	6:40	5.6	12:33	1.7	11:49 AM	2.2	6:12	8:19	
2	Thu	8:06	3.8	7:31	5.9	1:36	1.3	12:52	2.5	6:13	8:18	
3	Fri	9:24	4.0	8:22	6.1	2:32	0.7	1:56	2.7	6:14	8:17	
4	Sat	10:24	4.4	9:14	6.4	3:23	0.2	2:55	2.7	6:15	8:16	
5	Sun	11:14	4.7	10:05	6.7	4:11	-0.3	3:50	2.6	6:16	8:15	
6	Mon	11:59	5.0	10:56	6.9	4:57	-0.7	4:42	2.5	6:17	8:14	
7	Tue			12:41	5.2	5:41	-1.0	5:34	2.2	6:17	8:12	
8	Wed			1:22	5.5	6:26	-1.0	6:26	1.9	6:18	8:11	
9	Thu	12:40	6.8	2:03	5.7	7:10	-0.9	7:20	1.7	6:19	8:10	
10	Fri	1:33	6.5	2:45	5.9	7:55	-0.6	8:16	1.5	6:20	8:09	
11	Sat	2:29	6.0	3:29	6.0	8:40	-0.1	9:17	1.3	6:21	8:08	
12	Sun	3:29	5.5	4:14	6.1	9:28	0.5	10:24	1.2	6:22	8:07	
13	Mon	4:37	4.9	5:04	6.1	10:20	1.2	11:36	1.1	6:23	8:05	
14	Tue	5:56	4.5	5:58	6.1	11:20	1.8			6:23	8:04	
15	Wed	7:24	4.3	6:55	6.1	12:51	0.9	12:27	2.3	6:24	8:03	
16	Thu	8:48	4.4	7:53	6.1	2:01	0.6	1:38	2.6	6:25	8:02	
17	Fri	9:55	4.6	8:48	6.1	3:01	0.4	2:42	2.7	6:26	8:00	
18	Sat	10:48	4.8	9:38	6.1	3:53	0.2	3:38	2.7	6:27	7:59	
19	Sun	11:32	5.0	10:24	6.1	4:36	0.1	4:26	2.6	6:28	7:58	
20	Mon			12:09	5.1	5:14	0.0	5:08	2.5	6:29	7:56	
21	Tue			12:41	5.1	5:49	0.1	5:46	2.3	6:30	7:55	
22	Wed			1:11	5.1	6:20	0.1	6:23	2.2	6:30	7:54	
23	Thu	12:21	5.8	1:38	5.1	6:50	0.3	6:58	2.1	6:31	7:52	
24	Fri	12:58	5.6	2:04	5.2	7:19	0.5	7:33	1.9	6:32	7:51	
25	Sat	1:35	5.4	2:32	5.3	7:48	0.7	8:10	1.8	6:33	7:50	
26	Sun	2:15	5.1	3:02	5.3	8:19	1.1	8:51	1.7	6:34	7:48	
27	Mon	2:59	4.8	3:35	5.4	8:52	1.4	9:38	1.6	6:35	7:47	
28	Tue	3:51	4.4	4:13	5.4	9:29	1.9	10:33	1.5	6:36	7:45	
29	Wed	4:58	4.1	4:58	5.5	10:15	2.3	11:38	1.3	6:36	7:44	
30	Thu	6:21	4.0	5:51	5.6	11:14	2.7			6:37	7:42	
31	Fri	7:50	4.0	6:51	5.7	12:47	1.0	12:27	2.9	6:38	7:41	