

Alcatraz Island, CA - Sep 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:02	4.3	7:53	6.0	1:52	0.6	1:41	2.9	6:39	7:40	
2	Sun	9:57	4.6	8:53	6.2	2:50	0.2	2:44	2.7	6:40	7:38	
3	Mon	10:43	5.0	9:51	6.5	3:42	-0.2	3:40	2.4	6:41	7:37	
4	Tue	11:24	5.3	10:46	6.6	4:30	-0.5	4:32	1.9	6:41	7:35	
5	Wed			12:04	5.6	5:15	-0.6	5:23	1.5	6:42	7:34	
6	Thu			12:43	5.8	6:00	-0.5	6:14	1.1	6:43	7:32	
7	Fri	12:34	6.5	1:23	6.1	6:43	-0.2	7:05	0.8	6:44	7:30	
8	Sat	1:28	6.2	2:03	6.2	7:27	0.2	7:58	0.6	6:45	7:29	
9	Sun	2:25	5.8	2:45	6.2	8:13	0.7	8:54	0.5	6:46	7:27	
10	Mon	3:25	5.3	3:30	6.2	9:01	1.3	9:55	0.5	6:47	7:26	
11	Tue	4:33	4.9	4:19	6.0	9:55	1.9	11:01	0.6	6:47	7:24	
12	Wed	5:50	4.6	5:15	5.8	11:00	2.4			6:48	7:23	
13	Thu	7:14	4.5	6:17	5.6	12:13	0.7	12:15	2.7	6:49	7:21	
14	Fri	8:31	4.6	7:22	5.5	1:24	0.6	1:31	2.8	6:50	7:20	
15	Sat	9:31	4.8	8:24	5.5	2:27	0.6	2:35	2.7	6:51	7:18	
16	Sun	10:17	5.0	9:18	5.5	3:19	0.5	3:29	2.5	6:52	7:17	
17	Mon	10:55	5.1	10:07	5.6	4:03	0.4	4:13	2.2	6:52	7:15	
18	Tue	11:28	5.2	10:50	5.6	4:41	0.5	4:53	2.0	6:53	7:13	
19	Wed	11:56	5.2	11:30	5.5	5:14	0.5	5:28	1.7	6:54	7:12	
20	Thu			12:22	5.3	5:45	0.7	6:02	1.5	6:55	7:10	
21	Fri	12:09	5.4	12:47	5.4	6:14	0.9	6:34	1.3	6:56	7:09	
22	Sat	12:48	5.3	1:13	5.4	6:43	1.1	7:07	1.1	6:57	7:07	
23	Sun	1:28	5.1	1:40	5.5	7:12	1.4	7:42	1.0	6:58	7:06	
24	Mon	2:10	4.9	2:10	5.5	7:43	1.7	8:20	0.9	6:58	7:04	
25	Tue	2:57	4.7	2:43	5.5	8:18	2.0	9:04	0.8	6:59	7:03	
26	Wed	3:51	4.5	3:23	5.5	8:58	2.4	9:56	0.7	7:00	7:01	
27	Thu	4:57	4.3	4:10	5.4	9:48	2.8	10:57	0.7	7:01	6:59	
28	Fri	6:14	4.2	5:10	5.4	10:55	3.0			7:02	6:58	
29	Sat	7:31	4.4	6:19	5.4	12:06	0.6	12:18	3.0	7:03	6:56	
30	Sun	8:35	4.6	7:31	5.5	1:15	0.4	1:36	2.8	7:04	6:55	