

Alcatraz Island, CA - Apr 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:00	5.2	12:23	4.8	6:02	0.6	6:01	1.2	5:53	6:32	
2	Wed	12:25	5.3	1:04	4.6	6:34	0.5	6:31	1.5	5:52	6:33	
3	Thu	12:52	5.3	1:48	4.4	7:09	0.4	7:03	1.9	5:50	6:34	
4	Fri	1:22	5.3	2:38	4.2	7:49	0.3	7:39	2.2	5:49	6:35	
5	Sat	1:57	5.3	3:37	4.0	8:34	0.2	8:23	2.6	5:47	6:36	
6	Sun	2:38	5.1	4:48	3.9	9:27	0.2	9:22	2.9	5:46	6:37	
7	Mon	3:30	5.0	6:05	4.0	10:30	0.2	10:41	3.0	5:45	6:38	
8	Tue	4:36	4.9	7:12	4.2	11:38	0.1			5:43	6:39	
9	Wed	5:50	5.0	8:04	4.5	12:06	2.8	12:44	-0.1	5:42	6:40	
10	Thu	7:03	5.1	8:47	4.9	1:16	2.4	1:42	-0.2	5:40	6:41	
11	Fri	8:11	5.3	9:26	5.3	2:13	1.8	2:33	-0.3	5:39	6:41	
12	Sat	9:13	5.4	10:04	5.6	3:05	1.2	3:20	-0.2	5:37	6:42	
13	Sun	10:12	5.5	10:41	5.9	3:53	0.5	4:06	0.0	5:36	6:43	
14	Mon	11:09	5.5	11:19	6.2	4:41	-0.1	4:50	0.3	5:34	6:44	
15	Tue			12:05	5.4	5:30	-0.6	5:35	0.7	5:33	6:45	
16	Wed			1:02	5.3	6:18	-0.8	6:20	1.2	5:32	6:46	
17	Thu	12:39	6.3	2:01	5.0	7:08	-0.9	7:09	1.7	5:30	6:47	
18	Fri	1:22	6.1	3:03	4.8	8:01	-0.8	8:03	2.2	5:29	6:48	
19	Sat	2:08	5.8	4:11	4.6	8:56	-0.6	9:08	2.5	5:28	6:49	
20	Sun	3:00	5.4	5:23	4.5	9:58	-0.3	10:26	2.7	5:26	6:50	
21	Mon	4:00	5.0	6:33	4.6	11:04	0.0	11:48	2.7	5:25	6:51	
22	Tue	5:09	4.6	7:32	4.7			12:09	0.2	5:24	6:52	
23	Wed	6:23	4.5	8:19	4.9	12:59	2.4	1:08	0.4	5:22	6:52	
24	Thu	7:32	4.4	8:57	5.0	1:57	2.0	1:59	0.5	5:21	6:53	
25	Fri	8:32	4.4	9:28	5.1	2:45	1.6	2:41	0.6	5:20	6:54	
26	Sat	9:24	4.5	9:56	5.2	3:26	1.2	3:19	0.8	5:18	6:55	
27	Sun	11:11	4.5	11:22	5.3	5:03	0.8	4:53	1.1	6:17	7:56	
28	Mon	11:55	4.5	11:47	5.4	5:37	0.5	5:25	1.3	6:16	7:57	
29	Tue			12:38	4.5	6:08	0.2	5:56	1.6	6:15	7:58	
30	Wed	12:14	5.5	1:21	4.5	6:40	-0.1	6:27	1.9	6:14	7:59	