

Alcatraz Island, CA - May 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:41	5.6	2:04	4.4	7:12	-0.2	7:00	2.1	6:13	8:00	
2	Fri	1:12	5.6	2:50	4.4	7:48	-0.4	7:36	2.4	6:11	8:01	
3	Sat	1:45	5.5	3:40	4.3	8:27	-0.5	8:17	2.7	6:10	8:02	
4	Sun	2:22	5.4	4:35	4.3	9:11	-0.5	9:07	2.9	6:09	8:03	
5	Mon	3:06	5.3	5:35	4.3	10:02	-0.4	10:12	3.0	6:08	8:03	
6	Tue	4:01	5.0	6:36	4.4	10:59	-0.3	11:32	2.9	6:07	8:04	
7	Wed	5:08	4.8	7:33	4.7			12:02	-0.2	6:06	8:05	
8	Thu	6:26	4.6	8:22	5.0	12:54	2.6	1:04	-0.1	6:05	8:06	
9	Fri	7:45	4.6	9:05	5.3	2:03	2.0	2:03	0.0	6:04	8:07	
10	Sat	9:00	4.7	9:45	5.7	3:02	1.3	2:56	0.2	6:03	8:08	
11	Sun	10:08	4.8	10:25	6.1	3:54	0.5	3:46	0.5	6:02	8:09	
12	Mon	11:11	4.9	11:04	6.3	4:43	-0.2	4:34	0.9	6:01	8:10	
13	Tue			12:10	5.0	5:30	-0.7	5:21	1.2	6:00	8:11	
14	Wed			1:07	5.0	6:17	-1.1	6:08	1.6	5:59	8:12	
15	Thu	12:25	6.5	2:03	5.0	7:04	-1.3	6:57	2.0	5:59	8:12	
16	Fri	1:06	6.4	2:59	5.0	7:52	-1.3	7:49	2.3	5:58	8:13	
17	Sat	1:50	6.1	3:56	4.9	8:40	-1.1	8:46	2.6	5:57	8:14	
18	Sun	2:36	5.7	4:54	4.8	9:30	-0.8	9:50	2.8	5:56	8:15	
19	Mon	3:25	5.3	5:53	4.8	10:22	-0.4	11:04	2.8	5:55	8:16	
20	Tue	4:21	4.8	6:50	4.8	11:18	-0.1			5:55	8:17	
21	Wed	5:26	4.4	7:42	4.9	12:21	2.6	12:16	0.3	5:54	8:17	
22	Thu	6:39	4.0	8:26	5.0	1:30	2.3	1:12	0.6	5:53	8:18	
23	Fri	7:55	3.9	9:02	5.2	2:29	1.9	2:03	0.9	5:53	8:19	
24	Sat	9:04	3.9	9:34	5.3	3:18	1.4	2:49	1.2	5:52	8:20	
25	Sun	10:05	4.0	10:04	5.5	4:00	0.9	3:30	1.5	5:52	8:21	
26	Mon	10:58	4.1	10:33	5.6	4:38	0.5	4:08	1.7	5:51	8:21	
27	Tue	11:47	4.2	11:02	5.8	5:12	0.1	4:44	2.0	5:51	8:22	
28	Wed			12:32	4.3	5:46	-0.2	5:20	2.2	5:50	8:23	
29	Thu			1:17	4.4	6:19	-0.5	5:56	2.5	5:50	8:24	
30	Fri	12:06	5.9	2:01	4.5	6:53	-0.7	6:35	2.6	5:49	8:24	
31	Sat	12:41	5.9	2:46	4.6	7:30	-0.9	7:16	2.8	5:49	8:25	