

Alcatraz Island, CA - Jun 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:19	5.9	3:32	4.6	8:10	-0.9	8:02	2.9	5:48	8:26	
2	Mon	2:01	5.7	4:20	4.7	8:54	-0.9	8:57	2.9	5:48	8:26	
3	Tue	2:49	5.5	5:10	4.8	9:42	-0.8	10:03	2.9	5:48	8:27	
4	Wed	3:45	5.2	6:01	4.9	10:34	-0.5	11:19	2.7	5:47	8:28	
5	Thu	4:52	4.8	6:51	5.2	11:30	-0.2			5:47	8:28	
6	Fri	6:11	4.4	7:39	5.5	12:38	2.2	12:29	0.2	5:47	8:29	
7	Sat	7:35	4.3	8:25	5.9	1:49	1.6	1:27	0.6	5:47	8:29	
8	Sun	8:56	4.3	9:08	6.2	2:49	0.8	2:22	1.0	5:47	8:30	
9	Mon	10:09	4.4	9:51	6.5	3:43	0.1	3:16	1.4	5:47	8:30	
10	Tue	11:14	4.6	10:33	6.7	4:33	-0.5	4:07	1.7	5:46	8:31	
11	Wed			12:13	4.8	5:20	-0.9	4:58	2.1	5:46	8:31	
12	Thu			1:08	4.9	6:06	-1.2	5:48	2.3	5:46	8:32	
13	Fri			1:59	5.0	6:51	-1.3	6:39	2.5	5:46	8:32	
14	Sat	12:42	6.5	2:49	5.0	7:35	-1.2	7:31	2.7	5:46	8:33	
15	Sun	1:25	6.2	3:37	5.0	8:18	-1.0	8:26	2.8	5:46	8:33	
16	Mon	2:09	5.8	4:24	5.0	9:02	-0.7	9:24	2.8	5:46	8:33	
17	Tue	2:55	5.3	5:11	5.0	9:47	-0.3	10:29	2.8	5:47	8:34	
18	Wed	3:45	4.8	5:57	5.0	10:33	0.1	11:38	2.6	5:47	8:34	
19	Thu	4:43	4.3	6:41	5.0	11:21	0.5			5:47	8:34	
20	Fri	5:52	3.9	7:22	5.2	12:46	2.3	12:12	1.0	5:47	8:34	
21	Sat	7:11	3.7	8:01	5.3	1:48	1.9	1:04	1.4	5:47	8:35	
22	Sun	8:32	3.6	8:37	5.5	2:41	1.4	1:54	1.8	5:48	8:35	
23	Mon	9:44	3.8	9:12	5.7	3:27	1.0	2:41	2.1	5:48	8:35	
24	Tue	10:44	4.0	9:48	5.9	4:08	0.5	3:26	2.3	5:48	8:35	
25	Wed	11:35	4.2	10:24	6.1	4:45	0.1	4:08	2.6	5:48	8:35	
26	Thu			12:21	4.4	5:21	-0.3	4:50	2.7	5:49	8:35	
27	Fri			1:04	4.6	5:56	-0.6	5:31	2.8	5:49	8:35	
28	Sat			1:45	4.7	6:33	-0.9	6:14	2.8	5:50	8:35	
29	Sun	12:20	6.4	2:27	4.9	7:12	-1.0	7:00	2.8	5:50	8:35	
30	Mon	1:03	6.3	3:08	5.0	7:53	-1.1	7:49	2.8	5:50	8:35	