

Alcatraz Island, CA - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:49	6.1	3:51	5.1	8:36	-1.0	8:45	2.7	5:51	8:35	
2	Wed	2:40	5.8	4:36	5.3	9:21	-0.7	9:49	2.5	5:51	8:35	
3	Thu	3:37	5.3	5:22	5.5	10:10	-0.3	11:01	2.2	5:52	8:35	
4	Fri	4:45	4.8	6:10	5.7	11:02	0.2			5:52	8:35	
5	Sat	6:05	4.4	6:59	6.0	12:18	1.8	11:58 AM	0.8	5:53	8:35	
6	Sun	7:33	4.1	7:48	6.2	1:31	1.2	12:57	1.3	5:54	8:34	
7	Mon	8:59	4.2	8:37	6.5	2:35	0.6	1:58	1.8	5:54	8:34	
8	Tue	10:13	4.4	9:25	6.7	3:32	0.0	2:56	2.1	5:55	8:34	
9	Wed	11:16	4.6	10:12	6.8	4:23	-0.5	3:52	2.4	5:55	8:33	
10	Thu			12:10	4.9	5:10	-0.8	4:46	2.6	5:56	8:33	
11	Fri			12:59	5.0	5:54	-0.9	5:36	2.6	5:57	8:33	
12	Sat			1:44	5.1	6:36	-0.9	6:26	2.7	5:57	8:32	
13	Sun	12:24	6.4	2:25	5.1	7:16	-0.8	7:14	2.7	5:58	8:32	
14	Mon	1:06	6.1	3:05	5.1	7:54	-0.6	8:02	2.7	5:59	8:31	
15	Tue	1:48	5.8	3:42	5.1	8:32	-0.3	8:51	2.6	5:59	8:31	
16	Wed	2:30	5.4	4:19	5.1	9:10	0.1	9:44	2.6	6:00	8:30	
17	Thu	3:15	4.9	4:56	5.1	9:48	0.5	10:44	2.5	6:01	8:30	
18	Fri	4:07	4.4	5:34	5.2	10:29	1.0	11:48	2.3	6:02	8:29	
19	Sat	5:10	4.0	6:15	5.3	11:14	1.5			6:02	8:29	
20	Sun	6:30	3.7	6:57	5.4	12:54	1.9	12:06	1.9	6:03	8:28	
21	Mon	8:00	3.6	7:41	5.6	1:54	1.5	1:02	2.3	6:04	8:27	
22	Tue	9:21	3.8	8:25	5.8	2:46	1.1	1:59	2.6	6:05	8:26	
23	Wed	10:24	4.1	9:09	6.0	3:32	0.6	2:52	2.8	6:05	8:26	
24	Thu	11:14	4.3	9:52	6.3	4:13	0.2	3:41	2.9	6:06	8:25	
25	Fri	11:57	4.6	10:36	6.5	4:52	-0.2	4:27	2.9	6:07	8:24	
26	Sat			12:37	4.8	5:31	-0.6	5:11	2.8	6:08	8:23	
27	Sun			1:15	5.0	6:10	-0.8	5:57	2.6	6:09	8:22	
28	Mon	12:06	6.6	1:54	5.2	6:50	-0.9	6:44	2.4	6:10	8:22	
29	Tue	12:53	6.5	2:33	5.4	7:31	-0.9	7:35	2.2	6:10	8:21	
30	Wed	1:42	6.3	3:13	5.6	8:14	-0.7	8:30	2.0	6:11	8:20	
31	Thu	2:36	5.9	3:55	5.7	8:57	-0.2	9:31	1.8	6:12	8:19	