

Alcatraz Island, CA - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:35	5.4	4:39	5.9	9:44	0.3	10:39	1.6	6:13	8:18	
2	Sat	4:44	4.8	5:28	6.0	10:35	0.9	11:54	1.2	6:14	8:17	
3	Sun	6:06	4.4	6:21	6.2	11:33	1.6			6:15	8:16	
4	Mon	7:37	4.2	7:16	6.3	1:09	0.9	12:39	2.1	6:15	8:15	
5	Tue	9:03	4.3	8:12	6.4	2:18	0.4	1:47	2.4	6:16	8:14	
6	Wed	10:12	4.6	9:07	6.5	3:18	0.0	2:51	2.6	6:17	8:13	
7	Thu	11:08	4.9	9:58	6.5	4:10	-0.2	3:50	2.6	6:18	8:12	
8	Fri	11:55	5.1	10:45	6.5	4:56	-0.4	4:41	2.6	6:19	8:10	
9	Sat			12:37	5.2	5:38	-0.5	5:29	2.5	6:20	8:09	
10	Sun			1:15	5.2	6:16	-0.4	6:13	2.4	6:21	8:08	
11	Mon	12:12	6.2	1:49	5.2	6:52	-0.3	6:54	2.3	6:22	8:07	
12	Tue	12:52	5.9	2:21	5.2	7:25	0.0	7:35	2.2	6:22	8:06	
13	Wed	1:31	5.6	2:51	5.2	7:58	0.3	8:17	2.2	6:23	8:05	
14	Thu	2:11	5.3	3:21	5.2	8:31	0.6	9:00	2.1	6:24	8:03	
15	Fri	2:54	4.9	3:53	5.2	9:05	1.1	9:49	2.0	6:25	8:02	
16	Sat	3:42	4.5	4:28	5.3	9:41	1.5	10:44	1.9	6:26	8:01	
17	Sun	4:42	4.1	5:08	5.3	10:23	2.0	11:47	1.7	6:27	7:59	
18	Mon	6:00	3.9	5:55	5.4	11:14	2.5			6:28	7:58	
19	Tue	7:32	3.8	6:47	5.5	12:54	1.5	12:19	2.8	6:28	7:57	
20	Wed	8:56	4.0	7:41	5.7	1:55	1.1	1:28	3.0	6:29	7:55	
21	Thu	9:56	4.3	8:35	5.9	2:49	0.7	2:29	3.0	6:30	7:54	
22	Fri	10:42	4.5	9:26	6.2	3:37	0.3	3:22	2.9	6:31	7:53	
23	Sat	11:22	4.8	10:16	6.4	4:20	-0.1	4:09	2.6	6:32	7:51	
24	Sun	11:59	5.1	11:05	6.6	5:02	-0.4	4:55	2.3	6:33	7:50	
25	Mon			12:36	5.3	5:43	-0.6	5:42	2.0	6:34	7:49	
26	Tue			1:13	5.5	6:23	-0.6	6:29	1.6	6:34	7:47	
27	Wed	12:45	6.5	1:50	5.8	7:05	-0.4	7:20	1.3	6:35	7:46	
28	Thu	1:38	6.2	2:29	6.0	7:47	0.0	8:13	1.0	6:36	7:44	
29	Fri	2:34	5.8	3:11	6.1	8:31	0.5	9:11	0.9	6:37	7:43	
30	Sat	3:36	5.3	3:57	6.2	9:19	1.1	10:16	0.8	6:38	7:41	
31	Sun	4:48	4.8	4:47	6.1	10:13	1.7	11:28	0.7	6:39	7:40	