

Alcatraz Island, CA - Sep 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:10	4.5	5:44	6.1	11:17	2.3			6:40	7:38	
2	Tue	7:39	4.5	6:47	6.0	12:43	0.5	12:33	2.6	6:40	7:37	
3	Wed	8:57	4.7	7:52	6.0	1:55	0.4	1:48	2.7	6:41	7:35	
4	Thu	9:57	4.9	8:52	6.0	2:57	0.2	2:54	2.7	6:42	7:34	
5	Fri	10:46	5.1	9:47	6.0	3:50	0.0	3:49	2.5	6:43	7:32	
6	Sat	11:27	5.3	10:36	6.0	4:34	0.0	4:37	2.2	6:44	7:31	
7	Sun			12:03	5.3	5:14	0.1	5:19	2.0	6:45	7:29	
8	Mon			12:35	5.3	5:49	0.2	5:58	1.8	6:45	7:28	
9	Tue	12:01	5.8	1:04	5.3	6:21	0.4	6:34	1.7	6:46	7:26	
10	Wed	12:41	5.6	1:31	5.3	6:52	0.6	7:10	1.5	6:47	7:25	
11	Thu	1:20	5.3	1:57	5.3	7:22	1.0	7:45	1.4	6:48	7:23	
12	Fri	1:59	5.1	2:23	5.4	7:52	1.3	8:23	1.3	6:49	7:22	
13	Sat	2:42	4.8	2:53	5.3	8:24	1.7	9:04	1.3	6:50	7:20	
14	Sun	3:30	4.5	3:26	5.3	8:59	2.1	9:51	1.3	6:51	7:19	
15	Mon	4:29	4.2	4:07	5.3	9:40	2.6	10:47	1.2	6:51	7:17	
16	Tue	5:43	4.0	4:56	5.2	10:34	2.9	11:52	1.1	6:52	7:15	
17	Wed	7:09	4.0	5:55	5.2	11:48	3.1			6:53	7:14	
18	Thu	8:24	4.2	7:00	5.3	1:00	0.9	1:08	3.2	6:54	7:12	
19	Fri	9:20	4.5	8:04	5.6	2:02	0.6	2:13	3.0	6:55	7:11	
20	Sat	10:03	4.8	9:04	5.8	2:56	0.3	3:07	2.6	6:56	7:09	
21	Sun	10:41	5.1	10:00	6.1	3:43	0.0	3:55	2.1	6:56	7:08	
22	Mon	11:17	5.4	10:54	6.2	4:28	-0.2	4:41	1.6	6:57	7:06	
23	Tue	11:53	5.7	11:47	6.2	5:10	-0.2	5:27	1.1	6:58	7:04	
24	Wed			12:29	6.0	5:53	0.0	6:15	0.6	6:59	7:03	
25	Thu	12:41	6.1	1:07	6.2	6:35	0.3	7:04	0.2	7:00	7:01	
26	Fri	1:37	5.9	1:47	6.3	7:19	0.8	7:56	0.0	7:01	7:00	
27	Sat	2:35	5.6	2:29	6.4	8:05	1.3	8:51	-0.1	7:02	6:58	
28	Sun	3:39	5.2	3:16	6.3	8:55	1.9	9:52	0.0	7:03	6:57	
29	Mon	4:49	4.9	4:09	6.0	9:55	2.4	10:59	0.1	7:03	6:55	
30	Tue	6:08	4.7	5:10	5.8	11:08	2.8			7:04	6:54	