

Alcatraz Island, CA - Jun 1981

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			12:21	4.9	5:29	-1.1	5:12	1.8	5:48	8:25	
2	Tue			1:19	5.0	6:17	-1.5	6:02	2.2	5:48	8:26	
3	Wed	12:15	6.8	2:15	5.1	7:06	-1.7	6:55	2.4	5:48	8:27	
4	Thu	1:01	6.7	3:10	5.1	7:55	-1.6	7:52	2.6	5:48	8:27	
5	Fri	1:50	6.4	4:05	5.1	8:45	-1.4	8:54	2.8	5:47	8:28	
6	Sat	2:41	5.9	5:01	5.1	9:37	-1.0	10:04	2.8	5:47	8:29	
7	Sun	3:37	5.4	5:56	5.1	10:31	-0.6	11:20	2.7	5:47	8:29	
8	Mon	4:39	4.8	6:49	5.2	11:27	-0.1			5:47	8:30	
9	Tue	5:50	4.3	7:38	5.3	12:36	2.4	12:23	0.4	5:47	8:30	
10	Wed	7:09	4.0	8:21	5.4	1:45	1.9	1:17	0.8	5:46	8:31	
11	Thu	8:28	3.8	8:58	5.6	2:43	1.4	2:08	1.3	5:46	8:31	
12	Fri	9:40	3.9	9:31	5.7	3:32	1.0	2:54	1.7	5:46	8:32	
13	Sat	10:42	4.0	10:02	5.8	4:15	0.5	3:37	2.0	5:46	8:32	
14	Sun	11:35	4.1	10:33	5.9	4:53	0.2	4:17	2.3	5:46	8:32	
15	Mon			12:22	4.3	5:28	-0.1	4:56	2.6	5:46	8:33	
16	Tue			1:05	4.4	6:01	-0.4	5:33	2.8	5:46	8:33	
17	Wed			1:45	4.5	6:34	-0.5	6:10	2.9	5:47	8:34	
18	Thu	12:10	6.0	2:25	4.6	7:07	-0.7	6:48	3.0	5:47	8:34	
19	Fri	12:46	5.9	3:04	4.6	7:42	-0.7	7:29	3.1	5:47	8:34	
20	Sat	1:23	5.8	3:44	4.7	8:19	-0.7	8:14	3.1	5:47	8:34	
21	Sun	2:04	5.6	4:25	4.8	8:59	-0.7	9:07	3.1	5:47	8:35	
22	Mon	2:50	5.3	5:08	4.9	9:42	-0.5	10:09	2.9	5:48	8:35	
23	Tue	3:44	5.0	5:52	5.1	10:29	-0.2	11:21	2.6	5:48	8:35	
24	Wed	4:49	4.6	6:36	5.3	11:20	0.2			5:48	8:35	
25	Thu	6:09	4.2	7:20	5.7	12:35	2.1	12:15	0.7	5:48	8:35	
26	Fri	7:38	4.1	8:05	6.0	1:43	1.4	1:12	1.1	5:49	8:35	
27	Sat	9:03	4.1	8:49	6.4	2:43	0.7	2:08	1.6	5:49	8:35	
28	Sun	10:18	4.3	9:35	6.7	3:37	-0.1	3:04	1.9	5:49	8:35	
29	Mon	11:23	4.6	10:21	6.9	4:28	-0.7	3:59	2.2	5:50	8:35	
30	Tue			12:21	4.9	5:17	-1.2	4:53	2.5	5:50	8:35	