

Alcatraz Island, CA - Jul 1981

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			1:14	5.0	6:05	-1.4	5:47	2.6	5:51	8:35	
2	Thu			2:04	5.2	6:52	-1.5	6:42	2.7	5:51	8:35	
3	Fri	12:44	6.8	2:51	5.2	7:39	-1.4	7:37	2.7	5:52	8:35	
4	Sat	1:33	6.4	3:38	5.3	8:25	-1.1	8:35	2.7	5:52	8:35	
5	Sun	2:23	5.9	4:24	5.3	9:10	-0.7	9:38	2.6	5:53	8:35	
6	Mon	3:14	5.4	5:10	5.3	9:56	-0.2	10:45	2.5	5:53	8:34	
7	Tue	4:11	4.8	5:55	5.3	10:43	0.4	11:55	2.3	5:54	8:34	
8	Wed	5:16	4.2	6:39	5.4	11:33	0.9			5:55	8:34	
9	Thu	6:35	3.9	7:22	5.5	1:03	1.9	12:25	1.5	5:55	8:34	
10	Fri	8:03	3.7	8:02	5.6	2:05	1.5	1:19	2.0	5:56	8:33	
11	Sat	9:25	3.8	8:41	5.8	2:58	1.1	2:12	2.3	5:57	8:33	
12	Sun	10:31	4.0	9:19	5.9	3:44	0.6	3:02	2.6	5:57	8:32	
13	Mon	11:23	4.2	9:56	6.0	4:25	0.3	3:49	2.8	5:58	8:32	
14	Tue			12:07	4.4	5:02	0.0	4:31	3.0	5:59	8:31	
15	Wed			12:46	4.6	5:37	-0.3	5:11	3.0	5:59	8:31	
16	Thu			1:22	4.7	6:11	-0.5	5:50	3.0	6:00	8:30	
17	Fri			1:57	4.8	6:45	-0.6	6:29	3.0	6:01	8:30	
18	Sat	12:30	6.2	2:32	4.9	7:20	-0.7	7:11	2.9	6:01	8:29	
19	Sun	1:10	6.1	3:07	5.0	7:56	-0.7	7:56	2.8	6:02	8:29	
20	Mon	1:53	5.9	3:44	5.2	8:34	-0.5	8:47	2.6	6:03	8:28	
21	Tue	2:41	5.5	4:22	5.3	9:15	-0.2	9:46	2.4	6:04	8:27	
22	Wed	3:37	5.1	5:04	5.5	9:59	0.3	10:53	2.0	6:05	8:27	
23	Thu	4:44	4.6	5:49	5.8	10:48	0.8			6:05	8:26	
24	Fri	6:07	4.2	6:37	6.0	12:06	1.6	11:43 AM	1.4	6:06	8:25	
25	Sat	7:40	4.0	7:28	6.3	1:19	1.0	12:44	1.9	6:07	8:24	
26	Sun	9:08	4.2	8:20	6.6	2:25	0.4	1:48	2.3	6:08	8:24	
27	Mon	10:20	4.5	9:13	6.8	3:23	-0.1	2:51	2.6	6:09	8:23	
28	Tue	11:20	4.8	10:05	6.9	4:16	-0.6	3:51	2.7	6:09	8:22	
29	Wed			12:10	5.0	5:06	-0.9	4:46	2.6	6:10	8:21	
30	Thu			12:56	5.2	5:52	-1.0	5:39	2.6	6:11	8:20	
31	Fri			1:39	5.3	6:36	-1.0	6:31	2.5	6:12	8:19	