

Alcatraz Island, CA - Sep 1981

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:53	5.5	2:42	5.4	8:02	0.7	8:30	1.5	6:39	7:39	
2	Wed	2:39	5.1	3:14	5.4	8:37	1.2	9:16	1.5	6:40	7:37	
3	Thu	3:29	4.7	3:47	5.4	9:14	1.7	10:06	1.5	6:41	7:36	
4	Fri	4:27	4.3	4:24	5.3	9:56	2.3	11:05	1.4	6:42	7:34	
5	Sat	5:41	4.0	5:09	5.2	10:48	2.7			6:43	7:33	
6	Sun	7:12	3.9	6:02	5.2	12:10	1.3	11:57 AM	3.1	6:44	7:31	
7	Mon	8:39	4.1	7:01	5.3	1:17	1.2	1:15	3.2	6:44	7:30	
8	Tue	9:38	4.3	8:00	5.4	2:17	0.9	2:19	3.2	6:45	7:28	
9	Wed	10:20	4.6	8:55	5.6	3:08	0.6	3:11	3.0	6:46	7:27	
10	Thu	10:54	4.8	9:45	5.8	3:51	0.3	3:54	2.7	6:47	7:25	
11	Fri	11:26	5.0	10:32	6.0	4:30	0.1	4:33	2.4	6:48	7:24	
12	Sat	11:57	5.2	11:19	6.1	5:07	-0.1	5:12	2.0	6:49	7:22	
13	Sun			12:28	5.4	5:43	-0.1	5:52	1.6	6:49	7:20	
14	Mon	12:06	6.1	1:01	5.6	6:20	0.0	6:35	1.2	6:50	7:19	
15	Tue	12:55	6.0	1:35	5.8	6:58	0.3	7:20	0.8	6:51	7:17	
16	Wed	1:46	5.7	2:11	6.0	7:37	0.7	8:10	0.6	6:52	7:16	
17	Thu	2:43	5.4	2:50	6.1	8:20	1.2	9:05	0.4	6:53	7:14	
18	Fri	3:46	5.0	3:35	6.1	9:07	1.8	10:06	0.3	6:54	7:13	
19	Sat	5:00	4.7	4:26	6.1	10:02	2.4	11:16	0.3	6:55	7:11	
20	Sun	6:25	4.5	5:27	6.0	11:13	2.8			6:55	7:10	
21	Mon	7:49	4.6	6:36	5.9	12:32	0.2	12:36	3.0	6:56	7:08	
22	Tue	8:59	4.9	7:47	5.8	1:45	0.1	1:55	2.8	6:57	7:06	
23	Wed	9:53	5.1	8:53	5.9	2:48	0.0	3:00	2.5	6:58	7:05	
24	Thu	10:38	5.3	9:52	5.9	3:41	-0.1	3:55	2.1	6:59	7:03	
25	Fri	11:17	5.5	10:44	5.9	4:27	0.0	4:43	1.8	7:00	7:02	
26	Sat	11:52	5.6	11:33	5.8	5:07	0.1	5:26	1.4	7:01	7:00	
27	Sun			12:24	5.6	5:44	0.4	6:06	1.2	7:01	6:59	
28	Mon	12:18	5.6	12:53	5.6	6:18	0.7	6:44	1.0	7:02	6:57	
29	Tue	1:02	5.3	1:20	5.6	6:51	1.1	7:21	0.8	7:03	6:56	
30	Wed	1:46	5.1	1:47	5.5	7:24	1.5	7:58	0.8	7:04	6:54	