

Alcatraz Island, CA - May 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:24	5.4	4:59	4.3	9:26	-0.4	9:26	3.1	6:13	7:59	
2	Mon	3:04	5.1	6:06	4.2	10:16	-0.2	10:37	3.3	6:12	8:00	
3	Tue	3:52	4.8	7:12	4.2	11:12	0.1			6:11	8:01	
4	Wed	4:53	4.5	8:06	4.3	12:02	3.3	12:13	0.3	6:10	8:02	
5	Thu	6:04	4.3	8:47	4.5	1:19	3.0	1:12	0.4	6:09	8:03	
6	Fri	7:19	4.1	9:19	4.7	2:18	2.6	2:05	0.5	6:08	8:04	
7	Sat	8:27	4.2	9:46	4.9	3:06	2.1	2:49	0.6	6:07	8:05	
8	Sun	9:28	4.2	10:13	5.2	3:47	1.6	3:29	0.7	6:06	8:06	
9	Mon	10:24	4.3	10:39	5.4	4:24	1.0	4:05	0.9	6:05	8:06	
10	Tue	11:17	4.4	11:07	5.7	4:58	0.5	4:41	1.2	6:04	8:07	
11	Wed			12:09	4.5	5:34	-0.1	5:17	1.6	6:03	8:08	
12	Thu			1:02	4.6	6:11	-0.6	5:55	2.0	6:02	8:09	
13	Fri	12:09	6.1	1:55	4.6	6:51	-1.0	6:35	2.3	6:01	8:10	
14	Sat	12:45	6.2	2:50	4.6	7:35	-1.2	7:20	2.6	6:00	8:11	
15	Sun	1:26	6.2	3:49	4.6	8:23	-1.3	8:10	2.9	5:59	8:12	
16	Mon	2:12	6.1	4:50	4.6	9:15	-1.2	9:11	3.1	5:58	8:13	
17	Tue	3:05	5.8	5:54	4.6	10:13	-1.0	10:28	3.1	5:58	8:14	
18	Wed	4:08	5.4	6:54	4.8	11:16	-0.8	11:57	2.9	5:57	8:14	
19	Thu	5:22	5.0	7:48	5.0			12:20	-0.5	5:56	8:15	
20	Fri	6:44	4.7	8:34	5.3	1:19	2.4	1:21	-0.1	5:55	8:16	
21	Sat	8:05	4.5	9:16	5.6	2:27	1.7	2:16	0.2	5:55	8:17	
22	Sun	9:21	4.4	9:53	5.9	3:24	1.0	3:06	0.6	5:54	8:18	
23	Mon	10:29	4.4	10:29	6.1	4:15	0.3	3:51	1.1	5:53	8:18	
24	Tue	11:30	4.5	11:02	6.2	5:00	-0.2	4:35	1.5	5:53	8:19	
25	Wed			12:27	4.5	5:42	-0.6	5:17	2.0	5:52	8:20	
26	Thu			1:20	4.6	6:22	-0.8	5:58	2.4	5:51	8:21	
27	Fri	12:07	6.1	2:11	4.6	7:00	-0.9	6:40	2.8	5:51	8:22	
28	Sat	12:40	6.0	3:00	4.6	7:38	-0.9	7:24	3.0	5:50	8:22	
29	Sun	1:14	5.8	3:48	4.5	8:17	-0.8	8:10	3.2	5:50	8:23	
30	Mon	1:50	5.5	4:37	4.4	8:57	-0.6	9:01	3.3	5:49	8:24	
31	Tue	2:30	5.2	5:25	4.4	9:40	-0.4	10:03	3.3	5:49	8:24	