

Alcatraz Island, CA - Jun 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:16	4.9	6:13	4.4	10:27	-0.1	11:16	3.2	5:49	8:25	
2	Thu	4:09	4.5	6:57	4.5	11:17	0.2			5:48	8:26	
3	Fri	5:14	4.2	7:36	4.7	12:31	3.0	12:08	0.4	5:48	8:26	
4	Sat	6:28	3.9	8:10	5.0	1:34	2.5	12:58	0.7	5:48	8:27	
5	Sun	7:46	3.8	8:42	5.3	2:27	2.0	1:46	1.0	5:47	8:28	
6	Mon	9:01	3.8	9:14	5.6	3:12	1.4	2:31	1.3	5:47	8:28	
7	Tue	10:09	4.0	9:46	5.9	3:52	0.7	3:14	1.7	5:47	8:29	
8	Wed	11:10	4.2	10:20	6.2	4:31	0.1	3:57	2.0	5:47	8:29	
9	Thu			12:07	4.4	5:10	-0.6	4:41	2.4	5:47	8:30	
10	Fri			1:01	4.6	5:52	-1.1	5:26	2.6	5:47	8:30	
11	Sat			1:54	4.8	6:36	-1.4	6:14	2.8	5:46	8:31	
12	Sun	12:21	6.7	2:46	4.8	7:23	-1.6	7:06	3.0	5:46	8:31	
13	Mon	1:09	6.6	3:38	4.9	8:12	-1.6	8:03	3.0	5:46	8:32	
14	Tue	2:00	6.4	4:30	5.0	9:03	-1.5	9:08	3.0	5:46	8:32	
15	Wed	2:57	6.0	5:22	5.1	9:56	-1.1	10:23	2.8	5:46	8:33	
16	Thu	4:00	5.5	6:14	5.3	10:51	-0.7	11:45	2.5	5:46	8:33	
17	Fri	5:12	4.9	7:03	5.5	11:48	-0.1			5:47	8:33	
18	Sat	6:34	4.4	7:50	5.8	1:04	1.9	12:44	0.5	5:47	8:34	
19	Sun	8:00	4.1	8:33	6.0	2:12	1.3	1:39	1.0	5:47	8:34	
20	Mon	9:23	4.1	9:14	6.2	3:12	0.6	2:32	1.6	5:47	8:34	
21	Tue	10:35	4.2	9:52	6.3	4:03	0.1	3:22	2.1	5:47	8:35	
22	Wed	11:38	4.4	10:29	6.4	4:48	-0.3	4:10	2.5	5:47	8:35	
23	Thu			12:32	4.5	5:29	-0.6	4:56	2.8	5:48	8:35	
24	Fri			1:20	4.6	6:07	-0.7	5:40	3.0	5:48	8:35	
25	Sat			2:04	4.7	6:44	-0.8	6:23	3.2	5:48	8:35	
26	Sun	12:15	6.1	2:45	4.7	7:19	-0.8	7:05	3.3	5:49	8:35	
27	Mon	12:51	5.9	3:23	4.7	7:55	-0.7	7:48	3.3	5:49	8:35	
28	Tue	1:28	5.7	3:59	4.6	8:31	-0.5	8:33	3.3	5:49	8:35	
29	Wed	2:06	5.4	4:35	4.7	9:08	-0.3	9:23	3.2	5:50	8:35	
30	Thu	2:48	5.1	5:11	4.7	9:46	0.0	10:22	3.1	5:50	8:35	