

Alcatraz Island, CA - Aug 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:22	3.9	5:58	5.6	11:03	1.8			6:12	8:19	
2	Tue	6:56	3.7	6:43	5.8	12:42	1.6	11:57 AM	2.3	6:13	8:18	
3	Wed	8:35	3.8	7:33	6.1	1:46	1.0	12:59	2.7	6:14	8:17	
4	Thu	9:55	4.1	8:25	6.4	2:44	0.4	2:04	3.0	6:15	8:16	
5	Fri	10:55	4.5	9:19	6.7	3:38	-0.2	3:06	3.1	6:16	8:15	
6	Sat	11:44	4.8	10:13	7.0	4:28	-0.7	4:03	3.0	6:17	8:13	
7	Sun			12:28	5.0	5:17	-1.1	4:57	2.8	6:17	8:12	
8	Mon			1:10	5.2	6:04	-1.3	5:51	2.5	6:18	8:11	
9	Tue	12:00	7.1	1:51	5.4	6:49	-1.3	6:45	2.2	6:19	8:10	
10	Wed	12:53	6.9	2:31	5.6	7:34	-1.1	7:41	1.9	6:20	8:09	
11	Thu	1:48	6.5	3:12	5.7	8:18	-0.6	8:40	1.7	6:21	8:08	
12	Fri	2:44	5.9	3:53	5.9	9:02	0.0	9:43	1.5	6:22	8:07	
13	Sat	3:46	5.2	4:37	6.0	9:48	0.7	10:51	1.3	6:23	8:05	
14	Sun	4:58	4.6	5:23	6.0	10:38	1.5			6:23	8:04	
15	Mon	6:25	4.2	6:13	6.0	12:04	1.1	11:36 AM	2.2	6:24	8:03	
16	Tue	8:02	4.1	7:07	5.9	1:16	0.8	12:45	2.7	6:25	8:02	
17	Wed	9:27	4.3	8:02	5.9	2:22	0.5	1:55	3.0	6:26	8:00	
18	Thu	10:30	4.6	8:54	6.0	3:19	0.3	2:59	3.1	6:27	7:59	
19	Fri	11:17	4.8	9:43	6.0	4:07	0.1	3:52	3.1	6:28	7:58	
20	Sat	11:57	4.9	10:27	6.0	4:49	0.0	4:38	3.0	6:29	7:56	
21	Sun			12:30	4.9	5:26	-0.1	5:17	2.8	6:30	7:55	
22	Mon			12:59	4.9	5:59	-0.1	5:53	2.7	6:30	7:54	
23	Tue			1:25	5.0	6:30	0.0	6:27	2.5	6:31	7:52	
24	Wed	12:22	5.9	1:50	5.0	6:59	0.1	7:01	2.3	6:32	7:51	
25	Thu	12:59	5.7	2:15	5.1	7:27	0.3	7:37	2.1	6:33	7:50	
26	Fri	1:38	5.4	2:41	5.2	7:56	0.5	8:15	2.0	6:34	7:48	
27	Sat	2:19	5.1	3:10	5.3	8:26	0.9	8:58	1.8	6:35	7:47	
28	Sun	3:06	4.7	3:41	5.4	8:59	1.4	9:48	1.6	6:36	7:45	
29	Mon	4:04	4.3	4:17	5.5	9:37	1.9	10:47	1.3	6:36	7:44	
30	Tue	5:21	4.0	5:01	5.7	10:23	2.5	11:55	1.1	6:37	7:42	
31	Wed	6:59	3.9	5:55	5.8	11:24	3.0			6:38	7:41	