

Alcatraz Island, CA - Sep 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:34	4.1	6:57	6.0	1:07	0.7	12:41	3.2	6:39	7:39	
2	Fri	9:43	4.4	8:02	6.2	2:15	0.2	1:57	3.2	6:40	7:38	
3	Sat	10:33	4.7	9:05	6.5	3:14	-0.3	3:02	3.0	6:41	7:36	
4	Sun	11:16	5.0	10:04	6.7	4:07	-0.6	3:59	2.6	6:41	7:35	
5	Mon	11:55	5.3	11:00	6.8	4:55	-0.8	4:52	2.2	6:42	7:33	
6	Tue			12:32	5.5	5:40	-0.8	5:43	1.7	6:43	7:32	
7	Wed			1:09	5.7	6:23	-0.6	6:34	1.3	6:44	7:30	
8	Thu	12:49	6.5	1:46	5.9	7:05	-0.2	7:26	0.9	6:45	7:29	
9	Fri	1:44	6.0	2:24	6.0	7:46	0.3	8:19	0.7	6:46	7:27	
10	Sat	2:41	5.5	3:02	6.1	8:29	1.0	9:15	0.6	6:47	7:26	
11	Sun	3:44	5.0	3:43	6.0	9:14	1.7	10:16	0.6	6:47	7:24	
12	Mon	4:56	4.6	4:29	5.8	10:06	2.4	11:22	0.7	6:48	7:23	
13	Tue	6:23	4.3	5:21	5.6	11:12	2.9			6:49	7:21	
14	Wed	7:56	4.4	6:21	5.5	12:34	0.7	12:33	3.2	6:50	7:20	
15	Thu	9:10	4.6	7:26	5.4	1:43	0.6	1:51	3.3	6:51	7:18	
16	Fri	10:03	4.8	8:27	5.4	2:43	0.5	2:53	3.1	6:52	7:17	
17	Sat	10:43	4.9	9:21	5.5	3:33	0.4	3:42	2.8	6:52	7:15	
18	Sun	11:16	5.0	10:08	5.6	4:15	0.3	4:24	2.5	6:53	7:13	
19	Mon	11:44	5.0	10:51	5.6	4:51	0.3	5:00	2.3	6:54	7:12	
20	Tue			12:09	5.1	5:23	0.3	5:34	2.0	6:55	7:10	
21	Wed			12:32	5.2	5:53	0.4	6:06	1.7	6:56	7:09	
22	Thu	12:11	5.5	12:55	5.3	6:21	0.6	6:38	1.4	6:57	7:07	
23	Fri	12:51	5.3	1:20	5.4	6:49	0.9	7:12	1.2	6:58	7:06	
24	Sat	1:33	5.1	1:46	5.6	7:18	1.3	7:49	0.9	6:58	7:04	
25	Sun	2:19	4.9	2:14	5.7	7:49	1.7	8:30	0.7	6:59	7:02	
26	Mon	3:11	4.6	2:47	5.7	8:24	2.2	9:18	0.6	7:00	7:01	
27	Tue	4:15	4.3	3:26	5.7	9:04	2.7	10:14	0.5	7:01	6:59	
28	Wed	5:34	4.2	4:15	5.7	9:57	3.1	11:22	0.4	7:02	6:58	
29	Thu	7:04	4.2	5:19	5.6	11:12	3.4			7:03	6:56	
30	Fri	8:22	4.4	6:33	5.6	12:36	0.2	12:43	3.4	7:04	6:55	