

Alcatraz Island, CA - Jul 1984

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:10	6.5	3:37	4.9	8:13	-1.4	8:06	3.0	5:51	8:35	
2	Mon	2:01	6.3	4:20	5.1	8:59	-1.2	9:08	2.9	5:51	8:35	
3	Tue	2:56	5.8	5:04	5.3	9:46	-0.8	10:19	2.6	5:52	8:35	
4	Wed	3:58	5.3	5:49	5.5	10:35	-0.2	11:36	2.1	5:52	8:35	
5	Thu	5:12	4.6	6:34	5.8	11:26	0.4			5:53	8:35	
6	Fri	6:38	4.2	7:20	6.1	12:53	1.5	12:20	1.1	5:54	8:34	
7	Sat	8:12	4.0	8:05	6.4	2:02	0.9	1:17	1.7	5:54	8:34	
8	Sun	9:40	4.1	8:51	6.6	3:03	0.2	2:16	2.3	5:55	8:34	
9	Mon	10:52	4.3	9:36	6.7	3:57	-0.3	3:13	2.7	5:55	8:33	
10	Tue	11:52	4.6	10:20	6.7	4:45	-0.7	4:08	3.0	5:56	8:33	
11	Wed			12:43	4.8	5:30	-0.9	5:00	3.1	5:57	8:33	
12	Thu			1:29	4.9	6:12	-0.9	5:49	3.2	5:57	8:32	
13	Fri			2:10	4.9	6:51	-0.9	6:36	3.2	5:58	8:32	
14	Sat	12:27	6.3	2:48	4.9	7:29	-0.8	7:21	3.1	5:59	8:31	
15	Sun	1:07	6.0	3:23	4.9	8:06	-0.6	8:06	3.0	5:59	8:31	
16	Mon	1:47	5.7	3:56	4.9	8:41	-0.3	8:54	2.9	6:00	8:30	
17	Tue	2:28	5.3	4:28	4.9	9:17	0.0	9:46	2.8	6:01	8:30	
18	Wed	3:12	4.8	5:00	5.0	9:52	0.5	10:46	2.6	6:02	8:29	
19	Thu	4:04	4.3	5:34	5.1	10:30	1.0	11:51	2.3	6:02	8:28	
20	Fri	5:10	3.9	6:10	5.3	11:11	1.5			6:03	8:28	
21	Sat	6:37	3.6	6:49	5.5	12:56	1.9	11:58 AM	2.1	6:04	8:27	
22	Sun	8:17	3.6	7:30	5.7	1:56	1.4	12:52	2.6	6:05	8:26	
23	Mon	9:44	3.8	8:15	6.0	2:48	0.9	1:51	2.9	6:06	8:26	
24	Tue	10:49	4.1	9:01	6.2	3:35	0.4	2:48	3.2	6:06	8:25	
25	Wed	11:39	4.4	9:48	6.5	4:18	-0.2	3:41	3.3	6:07	8:24	
26	Thu			12:22	4.6	5:01	-0.6	4:30	3.2	6:08	8:23	
27	Fri			1:01	4.8	5:44	-1.0	5:19	3.1	6:09	8:22	
28	Sat			1:40	5.0	6:27	-1.2	6:08	2.9	6:10	8:22	
29	Sun	12:13	6.9	2:18	5.2	7:09	-1.3	7:00	2.6	6:10	8:21	
30	Mon	1:04	6.7	2:56	5.3	7:52	-1.1	7:54	2.3	6:11	8:20	
31	Tue	1:57	6.4	3:35	5.5	8:35	-0.7	8:54	2.0	6:12	8:19	