

Alcatraz Island, CA - Aug 1984

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:54	5.8	4:16	5.8	9:18	-0.2	10:00	1.7	6:13	8:18	
2	Thu	3:58	5.1	4:59	6.0	10:04	0.6	11:12	1.4	6:14	8:17	
3	Fri	5:14	4.5	5:46	6.1	10:54	1.3			6:15	8:16	
4	Sat	6:45	4.1	6:36	6.3	12:28	1.0	11:51 AM	2.1	6:16	8:15	
5	Sun	8:25	4.1	7:30	6.3	1:41	0.5	12:58	2.7	6:16	8:14	
6	Mon	9:49	4.3	8:25	6.4	2:46	0.1	2:08	3.0	6:17	8:13	
7	Tue	10:52	4.6	9:18	6.4	3:43	-0.2	3:13	3.2	6:18	8:12	
8	Wed	11:42	4.9	10:08	6.4	4:32	-0.4	4:09	3.1	6:19	8:10	
9	Thu			12:25	5.0	5:16	-0.5	4:58	3.0	6:20	8:09	
10	Fri			1:02	5.0	5:55	-0.5	5:42	2.9	6:21	8:08	
11	Sat			1:35	5.0	6:30	-0.4	6:22	2.8	6:22	8:07	
12	Sun	12:15	6.1	2:04	5.0	7:03	-0.3	7:01	2.6	6:22	8:06	
13	Mon	12:54	5.9	2:31	5.0	7:34	-0.1	7:39	2.5	6:23	8:04	
14	Tue	1:31	5.6	2:57	5.0	8:04	0.2	8:19	2.3	6:24	8:03	
15	Wed	2:11	5.2	3:23	5.1	8:34	0.6	9:02	2.2	6:25	8:02	
16	Thu	2:54	4.8	3:51	5.2	9:05	1.1	9:50	2.0	6:26	8:01	
17	Fri	3:44	4.4	4:22	5.3	9:37	1.7	10:45	1.8	6:27	7:59	
18	Sat	4:49	4.0	4:59	5.4	10:15	2.2	11:49	1.6	6:28	7:58	
19	Sun	6:19	3.7	5:44	5.5	11:03	2.8			6:28	7:57	
20	Mon	8:07	3.8	6:36	5.6	12:57	1.3	12:09	3.2	6:29	7:55	
21	Tue	9:33	4.0	7:34	5.8	2:01	0.8	1:25	3.4	6:30	7:54	
22	Wed	10:28	4.4	8:32	6.1	2:58	0.3	2:32	3.4	6:31	7:53	
23	Thu	11:10	4.6	9:28	6.4	3:48	-0.2	3:28	3.2	6:32	7:51	
24	Fri	11:47	4.9	10:21	6.7	4:35	-0.6	4:19	2.9	6:33	7:50	
25	Sat			12:23	5.1	5:19	-0.9	5:07	2.5	6:34	7:49	
26	Sun			12:58	5.3	6:01	-0.9	5:56	2.1	6:34	7:47	
27	Mon	12:06	6.8	1:33	5.5	6:42	-0.8	6:47	1.6	6:35	7:46	
28	Tue	12:59	6.5	2:09	5.8	7:23	-0.5	7:40	1.2	6:36	7:44	
29	Wed	1:55	6.1	2:46	6.0	8:04	0.1	8:37	0.9	6:37	7:43	
30	Thu	2:54	5.5	3:26	6.1	8:47	0.8	9:38	0.7	6:38	7:41	
31	Fri	4:02	5.0	4:09	6.2	9:32	1.6	10:45	0.6	6:39	7:40	