

Alcatraz Island, CA - Jun 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:16	4.0	8:58	5.6	2:37	1.5	2:04	0.9	5:49	8:25	
2	Mon	9:33	3.9	9:30	5.8	3:30	0.9	2:49	1.4	5:48	8:26	
3	Tue	10:40	4.0	10:00	5.9	4:16	0.4	3:32	1.9	5:48	8:27	
4	Wed	11:40	4.1	10:28	5.9	4:55	-0.1	4:12	2.4	5:48	8:27	
5	Thu			12:32	4.2	5:31	-0.3	4:51	2.8	5:47	8:28	
6	Fri			1:20	4.3	6:05	-0.5	5:30	3.1	5:47	8:28	
7	Sat			2:03	4.4	6:37	-0.7	6:08	3.3	5:47	8:29	
8	Sun			2:44	4.4	7:11	-0.7	6:46	3.4	5:47	8:30	
9	Mon	12:33	5.8	3:24	4.4	7:46	-0.7	7:25	3.4	5:47	8:30	
10	Tue	1:10	5.7	4:04	4.4	8:22	-0.7	8:09	3.4	5:47	8:31	
11	Wed	1:49	5.5	4:44	4.4	9:01	-0.6	8:59	3.4	5:46	8:31	
12	Thu	2:32	5.3	5:24	4.5	9:42	-0.5	10:00	3.3	5:46	8:32	
13	Fri	3:21	5.0	6:03	4.7	10:26	-0.3	11:11	3.0	5:46	8:32	
14	Sat	4:20	4.6	6:40	4.9	11:12	0.1			5:46	8:32	
15	Sun	5:32	4.2	7:16	5.3	12:24	2.5	12:01	0.5	5:46	8:33	
16	Mon	6:58	3.9	7:52	5.6	1:29	1.9	12:51	1.0	5:46	8:33	
17	Tue	8:29	3.8	8:29	6.1	2:26	1.0	1:42	1.6	5:47	8:34	
18	Wed	9:54	4.0	9:09	6.5	3:18	0.2	2:35	2.1	5:47	8:34	
19	Thu	11:06	4.3	9:51	6.8	4:08	-0.6	3:27	2.5	5:47	8:34	
20	Fri			12:10	4.5	4:57	-1.3	4:21	2.9	5:47	8:34	
21	Sat			1:07	4.7	5:47	-1.7	5:15	3.0	5:47	8:35	
22	Sun			1:59	4.9	6:37	-1.9	6:11	3.1	5:47	8:35	
23	Mon	12:18	7.1	2:49	5.0	7:27	-1.9	7:09	3.1	5:48	8:35	
24	Tue	1:11	6.8	3:38	5.0	8:17	-1.7	8:11	3.0	5:48	8:35	
25	Wed	2:05	6.4	4:25	5.1	9:06	-1.3	9:19	2.9	5:48	8:35	
26	Thu	3:01	5.8	5:12	5.2	9:55	-0.8	10:32	2.6	5:49	8:35	
27	Fri	4:01	5.1	5:57	5.3	10:43	-0.2	11:48	2.3	5:49	8:35	
28	Sat	5:10	4.4	6:41	5.5	11:32	0.5			5:49	8:35	
29	Sun	6:31	3.9	7:22	5.6	1:02	1.8	12:22	1.2	5:50	8:35	
30	Mon	8:03	3.7	8:01	5.8	2:07	1.3	1:13	1.8	5:50	8:35	