

Alcatraz Island, CA - Jul 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:32	3.7	8:37	5.9	3:03	0.8	2:05	2.4	5:51	8:35	
2	Wed	10:44	4.0	9:13	6.0	3:51	0.3	2:56	2.8	5:51	8:35	
3	Thu	11:42	4.2	9:48	6.0	4:33	0.0	3:45	3.1	5:52	8:35	
4	Fri			12:30	4.4	5:11	-0.3	4:31	3.3	5:52	8:35	
5	Sat			1:10	4.5	5:46	-0.4	5:13	3.4	5:53	8:35	
6	Sun			1:47	4.6	6:20	-0.5	5:52	3.4	5:53	8:34	
7	Mon			2:20	4.6	6:54	-0.6	6:30	3.4	5:54	8:34	
8	Tue	12:18	6.1	2:52	4.6	7:27	-0.7	7:09	3.3	5:54	8:34	
9	Wed	12:57	6.0	3:24	4.7	8:00	-0.7	7:51	3.2	5:55	8:34	
10	Thu	1:36	5.8	3:56	4.8	8:34	-0.6	8:38	3.0	5:56	8:33	
11	Fri	2:18	5.5	4:28	5.0	9:10	-0.3	9:32	2.8	5:56	8:33	
12	Sat	3:06	5.1	5:02	5.2	9:47	0.1	10:35	2.5	5:57	8:32	
13	Sun	4:04	4.6	5:38	5.4	10:27	0.6	11:44	2.0	5:58	8:32	
14	Mon	5:19	4.1	6:16	5.8	11:12	1.2			5:58	8:32	
15	Tue	6:55	3.8	6:58	6.1	12:53	1.4	12:04	1.9	5:59	8:31	
16	Wed	8:38	3.8	7:45	6.4	1:58	0.6	1:03	2.5	6:00	8:31	
17	Thu	10:06	4.1	8:36	6.7	2:58	-0.1	2:06	2.9	6:01	8:30	
18	Fri	11:13	4.4	9:29	7.0	3:54	-0.7	3:10	3.2	6:01	8:29	
19	Sat			12:08	4.7	4:46	-1.2	4:11	3.2	6:02	8:29	
20	Sun			12:55	4.9	5:37	-1.5	5:09	3.1	6:03	8:28	
21	Mon			1:39	5.1	6:25	-1.5	6:05	2.9	6:04	8:27	
22	Tue	12:11	7.0	2:20	5.2	7:11	-1.4	7:01	2.7	6:04	8:27	
23	Wed	1:02	6.7	3:01	5.3	7:55	-1.2	7:58	2.5	6:05	8:26	
24	Thu	1:54	6.2	3:40	5.4	8:37	-0.7	8:57	2.3	6:06	8:25	
25	Fri	2:47	5.6	4:18	5.5	9:18	-0.1	10:00	2.1	6:07	8:25	
26	Sat	3:43	4.9	4:56	5.5	10:00	0.6	11:07	1.9	6:08	8:24	
27	Sun	4:49	4.3	5:35	5.6	10:42	1.3			6:08	8:23	
28	Mon	6:13	3.8	6:16	5.6	12:16	1.6	11:31 AM	2.0	6:09	8:22	
29	Tue	7:56	3.7	6:59	5.7	1:24	1.3	12:27	2.7	6:10	8:21	
30	Wed	9:32	3.9	7:45	5.8	2:26	0.9	1:32	3.1	6:11	8:20	
31	Thu	10:40	4.2	8:32	5.8	3:19	0.5	2:35	3.4	6:12	8:19	