

Alcatraz Island, CA - Aug 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:28	4.4	9:19	6.0	4:05	0.2	3:31	3.5	6:13	8:18	
2	Sat			12:07	4.6	4:46	0.0	4:18	3.4	6:13	8:17	
3	Sun			12:40	4.7	5:23	-0.2	4:58	3.3	6:14	8:16	
4	Mon			1:10	4.7	5:57	-0.4	5:36	3.1	6:15	8:15	
5	Tue			1:38	4.8	6:29	-0.5	6:12	3.0	6:16	8:14	
6	Wed	12:05	6.2	2:05	4.9	7:00	-0.5	6:50	2.8	6:17	8:13	
7	Thu	12:45	6.1	2:33	5.0	7:30	-0.4	7:31	2.5	6:18	8:12	
8	Fri	1:26	5.8	3:01	5.2	8:02	-0.2	8:16	2.2	6:19	8:11	
9	Sat	2:11	5.5	3:31	5.4	8:34	0.2	9:07	1.9	6:19	8:10	
10	Sun	3:03	5.0	4:03	5.6	9:09	0.8	10:04	1.6	6:20	8:09	
11	Mon	4:06	4.5	4:40	5.9	9:48	1.5	11:10	1.2	6:21	8:07	
12	Tue	5:28	4.0	5:24	6.1	10:33	2.2			6:22	8:06	
13	Wed	7:13	3.8	6:16	6.2	12:22	0.8	11:31 AM	2.8	6:23	8:05	
14	Thu	8:56	4.0	7:16	6.4	1:35	0.3	12:46	3.2	6:24	8:04	
15	Fri	10:11	4.4	8:20	6.6	2:42	-0.2	2:04	3.4	6:25	8:03	
16	Sat	11:04	4.7	9:22	6.8	3:42	-0.6	3:14	3.3	6:25	8:01	
17	Sun	11:48	4.9	10:20	6.9	4:35	-0.9	4:14	3.0	6:26	8:00	
18	Mon			12:28	5.1	5:22	-1.0	5:09	2.7	6:27	7:59	
19	Tue			1:05	5.3	6:06	-1.0	6:00	2.3	6:28	7:57	
20	Wed	12:05	6.7	1:40	5.4	6:47	-0.7	6:50	2.0	6:29	7:56	
21	Thu	12:55	6.3	2:14	5.5	7:25	-0.4	7:40	1.8	6:30	7:55	
22	Fri	1:44	5.8	2:46	5.6	8:01	0.2	8:30	1.6	6:31	7:53	
23	Sat	2:35	5.3	3:18	5.6	8:37	0.8	9:22	1.4	6:31	7:52	
24	Sun	3:31	4.7	3:50	5.6	9:14	1.5	10:18	1.3	6:32	7:51	
25	Mon	4:36	4.2	4:25	5.6	9:54	2.2	11:20	1.3	6:33	7:49	
26	Tue	6:02	3.9	5:06	5.5	10:43	2.9			6:34	7:48	
27	Wed	7:51	3.9	5:56	5.4	12:28	1.2	11:51 AM	3.3	6:35	7:46	
28	Thu	9:22	4.1	6:55	5.4	1:37	1.0	1:14	3.6	6:36	7:45	
29	Fri	10:17	4.4	7:56	5.5	2:39	0.7	2:25	3.6	6:37	7:43	
30	Sat	10:56	4.6	8:52	5.7	3:30	0.5	3:19	3.4	6:37	7:42	
31	Sun	11:27	4.7	9:42	5.9	4:13	0.2	4:02	3.1	6:38	7:41	