

Alcatraz Island, CA - May 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:35	5.6	4:19	4.2	8:43	-0.6	8:29	3.2	6:13	7:59	
2	Sat	2:11	5.4	5:20	4.1	9:27	-0.3	9:22	3.4	6:12	8:00	
3	Sun	2:54	5.1	6:25	4.1	10:18	-0.1	10:35	3.5	6:11	8:01	
4	Mon	3:45	4.8	7:23	4.1	11:15	0.1			6:10	8:02	
5	Tue	4:47	4.5	8:08	4.3	12:01	3.3	12:15	0.3	6:09	8:03	
6	Wed	5:59	4.2	8:41	4.5	1:15	3.0	1:10	0.4	6:08	8:04	
7	Thu	7:14	4.1	9:09	4.7	2:14	2.5	1:59	0.5	6:07	8:05	
8	Fri	8:26	4.1	9:35	5.0	3:01	2.0	2:41	0.7	6:06	8:06	
9	Sat	9:31	4.1	10:00	5.3	3:42	1.3	3:19	1.0	6:05	8:06	
10	Sun	10:32	4.2	10:27	5.7	4:20	0.6	3:56	1.3	6:04	8:07	
11	Mon	11:30	4.4	10:56	6.0	4:58	0.0	4:34	1.7	6:03	8:08	
12	Tue			12:27	4.5	5:36	-0.6	5:12	2.1	6:02	8:09	
13	Wed			1:23	4.6	6:18	-1.1	5:53	2.5	6:01	8:10	
14	Thu	12:05	6.4	2:20	4.6	7:02	-1.5	6:37	2.8	6:00	8:11	
15	Fri	12:46	6.5	3:17	4.6	7:50	-1.6	7:27	3.1	5:59	8:12	
16	Sat	1:33	6.4	4:17	4.5	8:43	-1.6	8:24	3.2	5:58	8:13	
17	Sun	2:25	6.2	5:18	4.6	9:39	-1.4	9:35	3.2	5:57	8:14	
18	Mon	3:26	5.8	6:17	4.7	10:39	-1.1	11:03	3.1	5:57	8:14	
19	Tue	4:35	5.3	7:11	4.9	11:41	-0.7			5:56	8:15	
20	Wed	5:53	4.8	7:58	5.2	12:32	2.6	12:41	-0.3	5:55	8:16	
21	Thu	7:17	4.4	8:40	5.5	1:48	2.0	1:36	0.2	5:55	8:17	
22	Fri	8:38	4.2	9:17	5.8	2:52	1.3	2:26	0.7	5:54	8:18	
23	Sat	9:53	4.2	9:52	6.0	3:45	0.6	3:12	1.2	5:53	8:19	
24	Sun	11:00	4.2	10:24	6.1	4:32	0.0	3:56	1.7	5:53	8:19	
25	Mon			12:00	4.3	5:14	-0.5	4:38	2.2	5:52	8:20	
26	Tue			12:54	4.4	5:53	-0.7	5:19	2.6	5:51	8:21	
27	Wed			1:45	4.5	6:30	-0.9	6:01	3.0	5:51	8:22	
28	Thu			2:33	4.5	7:06	-0.9	6:42	3.2	5:50	8:22	
29	Fri	12:30	5.9	3:19	4.5	7:42	-0.8	7:25	3.3	5:50	8:23	
30	Sat	1:06	5.7	4:03	4.4	8:20	-0.7	8:10	3.4	5:49	8:24	
31	Sun	1:44	5.5	4:48	4.3	9:00	-0.5	9:00	3.4	5:49	8:25	