

Alcatraz Island, CA - Jun 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:26	5.2	5:31	4.3	9:43	-0.3	10:01	3.4	5:49	8:25	
2	Tue	3:13	4.9	6:13	4.4	10:27	-0.1	11:13	3.2	5:48	8:26	
3	Wed	4:07	4.5	6:51	4.6	11:13	0.2			5:48	8:27	
4	Thu	5:12	4.1	7:25	4.8	12:25	2.8	12:00	0.5	5:48	8:27	
5	Fri	6:28	3.8	7:57	5.1	1:28	2.3	12:47	0.9	5:47	8:28	
6	Sat	7:53	3.7	8:28	5.4	2:21	1.7	1:33	1.3	5:47	8:28	
7	Sun	9:14	3.7	9:00	5.8	3:07	0.9	2:19	1.8	5:47	8:29	
8	Mon	10:28	3.9	9:34	6.2	3:50	0.2	3:06	2.2	5:47	8:29	
9	Tue	11:33	4.2	10:12	6.5	4:33	-0.5	3:53	2.6	5:47	8:30	
10	Wed			12:31	4.4	5:17	-1.1	4:41	2.9	5:47	8:31	
11	Thu			1:26	4.6	6:03	-1.6	5:31	3.1	5:46	8:31	
12	Fri			2:18	4.7	6:51	-1.8	6:23	3.2	5:46	8:31	
13	Sat	12:30	6.9	3:08	4.8	7:41	-1.9	7:20	3.2	5:46	8:32	
14	Sun	1:23	6.7	3:57	4.9	8:32	-1.7	8:23	3.1	5:46	8:32	
15	Mon	2:19	6.3	4:46	5.0	9:23	-1.4	9:34	2.9	5:46	8:33	
16	Tue	3:19	5.8	5:34	5.2	10:15	-0.9	10:54	2.6	5:46	8:33	
17	Wed	4:25	5.1	6:21	5.4	11:07	-0.4			5:47	8:33	
18	Thu	5:42	4.5	7:06	5.7	12:15	2.1	11:59 AM	0.3	5:47	8:34	
19	Fri	7:09	4.0	7:49	5.9	1:30	1.5	12:52	1.0	5:47	8:34	
20	Sat	8:39	3.8	8:30	6.1	2:35	0.8	1:44	1.7	5:47	8:34	
21	Sun	10:02	3.9	9:08	6.2	3:30	0.3	2:36	2.2	5:47	8:35	
22	Mon	11:11	4.1	9:45	6.3	4:18	-0.2	3:27	2.7	5:47	8:35	
23	Tue			12:08	4.4	5:00	-0.5	4:16	3.0	5:48	8:35	
24	Wed			12:58	4.5	5:39	-0.7	5:02	3.3	5:48	8:35	
25	Thu			1:41	4.6	6:16	-0.7	5:46	3.4	5:48	8:35	
26	Fri			2:20	4.6	6:51	-0.7	6:27	3.4	5:49	8:35	
27	Sat	12:11	6.0	2:56	4.6	7:25	-0.7	7:08	3.4	5:49	8:35	
28	Sun	12:48	5.9	3:30	4.6	8:00	-0.6	7:49	3.3	5:49	8:35	
29	Mon	1:26	5.7	4:02	4.6	8:33	-0.5	8:34	3.2	5:50	8:35	
30	Tue	2:06	5.4	4:33	4.7	9:08	-0.3	9:24	3.1	5:50	8:35	