

Alcatraz Island, CA - Jul 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:48	5.0	5:05	4.8	9:42	0.0	10:23	2.9	5:51	8:35	
2	Thu	3:37	4.6	5:38	5.0	10:19	0.4	11:28	2.5	5:51	8:35	
3	Fri	4:37	4.1	6:12	5.2	10:58	0.9			5:52	8:35	
4	Sat	5:56	3.7	6:48	5.5	12:34	2.0	11:42 AM	1.5	5:52	8:35	
5	Sun	7:33	3.5	7:26	5.9	1:35	1.4	12:32	2.1	5:53	8:35	
6	Mon	9:11	3.7	8:08	6.2	2:31	0.7	1:28	2.6	5:53	8:35	
7	Tue	10:32	4.0	8:54	6.5	3:22	0.0	2:27	3.0	5:54	8:34	
8	Wed	11:34	4.3	9:44	6.8	4:12	-0.7	3:26	3.2	5:54	8:34	
9	Thu			12:26	4.6	5:01	-1.2	4:23	3.3	5:55	8:34	
10	Fri			1:13	4.8	5:50	-1.6	5:19	3.2	5:56	8:33	
11	Sat			1:57	5.0	6:39	-1.8	6:15	3.0	5:56	8:33	
12	Sun	12:23	7.1	2:39	5.1	7:26	-1.7	7:14	2.8	5:57	8:33	
13	Mon	1:17	6.8	3:21	5.3	8:13	-1.5	8:15	2.5	5:58	8:32	
14	Tue	2:12	6.3	4:03	5.5	8:58	-1.0	9:21	2.3	5:58	8:32	
15	Wed	3:11	5.7	4:44	5.6	9:43	-0.4	10:32	1.9	5:59	8:31	
16	Thu	4:16	4.9	5:27	5.8	10:28	0.4	11:47	1.6	6:00	8:31	
17	Fri	5:33	4.2	6:11	6.0	11:16	1.2			6:00	8:30	
18	Sat	7:06	3.8	6:57	6.1	1:01	1.1	12:10	2.0	6:01	8:30	
19	Sun	8:46	3.8	7:43	6.1	2:08	0.7	1:10	2.6	6:02	8:29	
20	Mon	10:09	4.1	8:30	6.1	3:08	0.3	2:14	3.1	6:03	8:28	
21	Tue	11:12	4.4	9:15	6.2	3:59	0.0	3:14	3.3	6:03	8:28	
22	Wed			12:00	4.6	4:43	-0.2	4:07	3.4	6:04	8:27	
23	Thu			12:41	4.7	5:23	-0.3	4:53	3.4	6:05	8:26	
24	Fri			1:16	4.7	5:59	-0.4	5:34	3.3	6:06	8:25	
25	Sat			1:47	4.7	6:32	-0.4	6:12	3.2	6:07	8:25	
26	Sun			2:15	4.8	7:03	-0.4	6:49	3.0	6:07	8:24	
27	Mon	12:35	6.0	2:41	4.8	7:32	-0.4	7:26	2.9	6:08	8:23	
28	Tue	1:12	5.7	3:07	4.9	8:01	-0.2	8:06	2.7	6:09	8:22	
29	Wed	1:50	5.4	3:33	5.0	8:29	0.1	8:50	2.5	6:10	8:21	
30	Thu	2:32	5.0	4:01	5.2	8:59	0.5	9:40	2.3	6:11	8:20	
31	Fri	3:21	4.6	4:31	5.4	9:31	1.0	10:37	2.0	6:12	8:20	