

Alcatraz Island, CA - Aug 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:22	4.1	5:06	5.6	10:07	1.6	11:42	1.6	6:12	8:19	
2	Sun	5:47	3.7	5:46	5.8	10:50	2.3			6:13	8:18	
3	Mon	7:37	3.6	6:35	6.1	12:50	1.1	11:46 AM	2.9	6:14	8:17	
4	Tue	9:20	3.9	7:31	6.3	1:57	0.5	12:57	3.3	6:15	8:16	
5	Wed	10:31	4.2	8:31	6.6	2:59	-0.1	2:12	3.4	6:16	8:15	
6	Thu	11:22	4.5	9:30	6.9	3:55	-0.7	3:19	3.4	6:17	8:13	
7	Fri			12:05	4.8	4:46	-1.1	4:18	3.1	6:17	8:12	
8	Sat			12:44	5.0	5:34	-1.3	5:14	2.8	6:18	8:11	
9	Sun			1:22	5.2	6:20	-1.3	6:09	2.4	6:19	8:10	
10	Mon	12:17	7.0	1:59	5.4	7:03	-1.2	7:04	2.0	6:20	8:09	
11	Tue	1:11	6.6	2:35	5.7	7:45	-0.7	8:00	1.7	6:21	8:08	
12	Wed	2:06	6.0	3:12	5.8	8:25	-0.1	8:59	1.4	6:22	8:07	
13	Thu	3:04	5.4	3:50	6.0	9:06	0.6	10:01	1.2	6:23	8:05	
14	Fri	4:10	4.7	4:30	6.0	9:48	1.4	11:09	1.1	6:24	8:04	
15	Sat	5:29	4.2	5:13	6.0	10:36	2.2			6:24	8:03	
16	Sun	7:08	4.0	6:03	5.9	12:20	0.9	11:36 AM	2.9	6:25	8:02	
17	Mon	8:49	4.1	6:58	5.8	1:32	0.7	12:52	3.3	6:26	8:00	
18	Tue	10:02	4.4	7:56	5.8	2:37	0.5	2:07	3.5	6:27	7:59	
19	Wed	10:53	4.6	8:52	5.8	3:32	0.3	3:09	3.4	6:28	7:58	
20	Thu	11:32	4.8	9:42	5.9	4:18	0.1	3:59	3.3	6:29	7:56	
21	Fri			12:05	4.8	4:58	0.0	4:41	3.0	6:30	7:55	
22	Sat			12:33	4.8	5:32	-0.1	5:19	2.8	6:30	7:54	
23	Sun			12:59	4.9	6:02	-0.1	5:54	2.6	6:31	7:52	
24	Mon			1:22	5.0	6:30	0.0	6:28	2.3	6:32	7:51	
25	Tue	12:23	5.8	1:45	5.1	6:56	0.1	7:03	2.1	6:33	7:50	
26	Wed	1:01	5.6	2:08	5.3	7:22	0.4	7:40	1.8	6:34	7:48	
27	Thu	1:42	5.2	2:32	5.4	7:49	0.8	8:20	1.6	6:35	7:47	
28	Fri	2:27	4.9	2:59	5.6	8:18	1.3	9:06	1.3	6:36	7:45	
29	Sat	3:21	4.5	3:30	5.7	8:49	1.9	9:59	1.1	6:36	7:44	
30	Sun	4:29	4.1	4:08	5.8	9:26	2.5	11:02	0.9	6:37	7:42	
31	Mon	6:02	3.9	4:56	5.9	10:13	3.0			6:38	7:41	