

Alcatraz Island, CA - Apr 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:55	5.2	9:04	4.6	1:15	2.9	1:53	-0.3	5:54	6:32	
2	Sun	9:03	5.4	10:34	5.0	3:12	2.2	3:40	-0.4	6:52	7:33	
3	Mon	10:06	5.5	11:05	5.4	4:02	1.5	4:22	-0.3	6:51	7:34	
4	Tue	11:06	5.5	11:36	5.8	4:51	0.7	5:03	0.1	6:49	7:35	
5	Wed			12:05	5.4	5:38	-0.1	5:43	0.5	6:48	7:36	
6	Thu	12:10	6.2	1:03	5.3	6:26	-0.7	6:24	1.1	6:46	7:37	
7	Fri	12:45	6.4	2:03	5.0	7:15	-1.0	7:07	1.7	6:45	7:38	
8	Sat	1:23	6.5	3:05	4.8	8:06	-1.2	7:52	2.2	6:43	7:39	
9	Sun	2:04	6.4	4:12	4.5	9:00	-1.1	8:44	2.7	6:42	7:39	
10	Mon	2:51	6.1	5:27	4.3	9:58	-0.8	9:48	3.0	6:40	7:40	
11	Tue	3:45	5.7	6:45	4.3	11:04	-0.5	11:12	3.2	6:39	7:41	
12	Wed	4:48	5.3	7:56	4.4			12:16	-0.2	6:38	7:42	
13	Thu	6:03	4.9	8:51	4.6	12:44	3.0	1:25	0.0	6:36	7:43	
14	Fri	7:21	4.6	9:34	4.8	2:00	2.7	2:23	0.2	6:35	7:44	
15	Sat	8:32	4.5	10:08	4.9	3:00	2.2	3:11	0.3	6:33	7:45	
16	Sun	9:34	4.5	10:36	5.1	3:48	1.7	3:50	0.5	6:32	7:46	
17	Mon	10:28	4.5	11:00	5.2	4:30	1.2	4:24	0.8	6:31	7:47	
18	Tue	11:17	4.4	11:22	5.3	5:07	0.8	4:55	1.2	6:29	7:48	
19	Wed			12:03	4.4	5:41	0.4	5:24	1.5	6:28	7:49	
20	Thu			12:47	4.4	6:12	0.1	5:52	1.9	6:26	7:50	
21	Fri	12:06	5.6	1:32	4.3	6:43	-0.2	6:21	2.3	6:25	7:50	
22	Sat	12:31	5.6	2:17	4.2	7:16	-0.4	6:52	2.6	6:24	7:51	
23	Sun	12:59	5.6	3:05	4.2	7:51	-0.5	7:24	2.9	6:23	7:52	
24	Mon	1:30	5.6	3:58	4.1	8:30	-0.5	8:01	3.1	6:21	7:53	
25	Tue	2:07	5.5	4:58	4.0	9:16	-0.5	8:47	3.3	6:20	7:54	
26	Wed	2:52	5.3	6:04	4.0	10:09	-0.4	9:52	3.4	6:19	7:55	
27	Thu	3:47	5.1	7:04	4.1	11:08	-0.3	11:21	3.3	6:17	7:56	
28	Fri	4:55	4.9	7:53	4.3			12:11	-0.3	6:16	7:57	
29	Sat	6:13	4.7	8:32	4.7	12:50	2.9	1:11	-0.2	6:15	7:58	
30	Sun	7:35	4.6	9:07	5.1	2:00	2.3	2:05	0.0	6:14	7:59	