

Alcatraz Island, CA - May 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:52	4.6	9:41	5.5	2:58	1.4	2:54	0.3	6:13	8:00	
2	Tue	10:03	4.7	10:15	6.0	3:50	0.6	3:40	0.7	6:12	8:01	
3	Wed	11:09	4.8	10:50	6.3	4:38	-0.3	4:24	1.2	6:10	8:02	
4	Thu			12:12	4.8	5:26	-1.0	5:09	1.7	6:09	8:02	
5	Fri			1:12	4.8	6:14	-1.4	5:55	2.1	6:08	8:03	
6	Sat	12:07	6.7	2:11	4.8	7:02	-1.6	6:43	2.5	6:07	8:04	
7	Sun	12:50	6.6	3:10	4.7	7:51	-1.6	7:35	2.8	6:06	8:05	
8	Mon	1:35	6.4	4:10	4.6	8:42	-1.4	8:33	3.0	6:05	8:06	
9	Tue	2:25	6.0	5:11	4.6	9:36	-1.0	9:42	3.1	6:04	8:07	
10	Wed	3:18	5.5	6:12	4.6	10:33	-0.6	11:02	3.1	6:03	8:08	
11	Thu	4:19	5.0	7:08	4.6	11:32	-0.2			6:02	8:09	
12	Fri	5:28	4.5	7:56	4.8	12:23	2.8	12:30	0.1	6:01	8:10	
13	Sat	6:44	4.1	8:36	4.9	1:35	2.4	1:24	0.5	6:00	8:11	
14	Sun	8:02	3.9	9:08	5.1	2:34	1.8	2:11	0.9	6:00	8:11	
15	Mon	9:14	3.8	9:36	5.3	3:24	1.3	2:53	1.3	5:59	8:12	
16	Tue	10:18	3.9	10:01	5.5	4:06	0.7	3:31	1.7	5:58	8:13	
17	Wed	11:14	4.0	10:26	5.6	4:43	0.3	4:07	2.1	5:57	8:14	
18	Thu			12:05	4.1	5:18	-0.1	4:42	2.4	5:56	8:15	
19	Fri			12:53	4.2	5:50	-0.4	5:16	2.7	5:56	8:16	
20	Sat			1:38	4.3	6:23	-0.6	5:51	3.0	5:55	8:16	
21	Sun			2:22	4.3	6:58	-0.8	6:28	3.1	5:54	8:17	
22	Mon	12:29	5.9	3:07	4.3	7:35	-0.9	7:07	3.3	5:54	8:18	
23	Tue	1:07	5.9	3:53	4.3	8:15	-1.0	7:52	3.3	5:53	8:19	
24	Wed	1:49	5.7	4:40	4.4	8:59	-1.0	8:46	3.3	5:52	8:20	
25	Thu	2:36	5.5	5:27	4.4	9:47	-0.8	9:53	3.2	5:52	8:20	
26	Fri	3:31	5.2	6:13	4.6	10:37	-0.6	11:13	2.9	5:51	8:21	
27	Sat	4:38	4.8	6:55	4.9	11:30	-0.3			5:51	8:22	
28	Sun	5:57	4.4	7:35	5.3	12:33	2.4	12:24	0.2	5:50	8:23	
29	Mon	7:25	4.1	8:14	5.7	1:43	1.6	1:17	0.7	5:50	8:23	
30	Tue	8:51	4.0	8:52	6.1	2:44	0.8	2:09	1.2	5:49	8:24	
31	Wed	10:10	4.2	9:32	6.5	3:37	-0.1	3:00	1.8	5:49	8:25	