

Alcatraz Island, CA - Jun 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:20	4.4	10:13	6.7	4:28	-0.8	3:51	2.2	5:48	8:26	
2	Fri			12:22	4.6	5:16	-1.3	4:43	2.6	5:48	8:26	
3	Sat			1:19	4.7	6:04	-1.6	5:35	2.9	5:48	8:27	
4	Sun			2:12	4.8	6:51	-1.7	6:28	3.0	5:48	8:27	
5	Mon	12:28	6.6	3:03	4.8	7:38	-1.6	7:23	3.1	5:47	8:28	
6	Tue	1:16	6.3	3:52	4.8	8:24	-1.3	8:22	3.1	5:47	8:29	
7	Wed	2:04	5.9	4:39	4.8	9:11	-1.0	9:25	3.0	5:47	8:29	
8	Thu	2:54	5.4	5:26	4.8	9:57	-0.5	10:34	2.9	5:47	8:30	
9	Fri	3:47	4.8	6:09	4.9	10:43	-0.1	11:46	2.6	5:47	8:30	
10	Sat	4:48	4.3	6:50	5.0	11:30	0.5			5:46	8:31	
11	Sun	6:02	3.8	7:26	5.1	12:56	2.2	12:17	1.0	5:46	8:31	
12	Mon	7:28	3.5	7:59	5.3	1:57	1.7	1:04	1.6	5:46	8:32	
13	Tue	8:56	3.5	8:31	5.5	2:50	1.1	1:51	2.1	5:46	8:32	
14	Wed	10:13	3.6	9:04	5.7	3:35	0.6	2:38	2.5	5:46	8:33	
15	Thu	11:15	3.9	9:37	5.9	4:16	0.2	3:23	2.9	5:46	8:33	
16	Fri			12:07	4.1	4:53	-0.2	4:06	3.1	5:47	8:33	
17	Sat			12:51	4.3	5:29	-0.5	4:48	3.3	5:47	8:34	
18	Sun			1:32	4.4	6:05	-0.8	5:29	3.3	5:47	8:34	
19	Mon			2:10	4.5	6:42	-1.0	6:11	3.3	5:47	8:34	
20	Tue	12:11	6.3	2:48	4.6	7:20	-1.2	6:55	3.3	5:47	8:34	
21	Wed	12:54	6.2	3:26	4.7	7:59	-1.2	7:44	3.2	5:47	8:35	
22	Thu	1:39	6.0	4:03	4.8	8:40	-1.1	8:40	3.0	5:48	8:35	
23	Fri	2:28	5.7	4:42	5.0	9:22	-0.8	9:44	2.7	5:48	8:35	
24	Sat	3:24	5.2	5:21	5.3	10:06	-0.4	10:56	2.3	5:48	8:35	
25	Sun	4:31	4.6	6:01	5.6	10:52	0.2			5:48	8:35	
26	Mon	5:53	4.1	6:43	5.9	12:12	1.7	11:41 AM	0.9	5:49	8:35	
27	Tue	7:28	3.8	7:27	6.3	1:24	1.0	12:35	1.6	5:49	8:35	
28	Wed	9:04	3.8	8:13	6.5	2:29	0.3	1:33	2.2	5:50	8:35	
29	Thu	10:26	4.1	9:01	6.8	3:27	-0.4	2:34	2.7	5:50	8:35	
30	Fri	11:31	4.4	9:51	6.9	4:19	-0.9	3:34	3.0	5:50	8:35	