

Alcatraz Island, CA - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:26	4.7	5:09	-1.2	4:32	3.1	5:51	8:35	
2	Sun			1:14	4.8	5:55	-1.3	5:27	3.1	5:51	8:35	
3	Mon			1:58	4.9	6:40	-1.3	6:20	3.1	5:52	8:35	
4	Tue	12:16	6.6	2:39	5.0	7:22	-1.2	7:11	3.0	5:52	8:35	
5	Wed	1:01	6.3	3:18	5.0	8:02	-0.9	8:03	2.9	5:53	8:35	
6	Thu	1:46	5.8	3:54	5.0	8:40	-0.6	8:57	2.7	5:53	8:34	
7	Fri	2:31	5.3	4:29	5.1	9:17	-0.1	9:54	2.6	5:54	8:34	
8	Sat	3:19	4.8	5:02	5.1	9:53	0.4	10:56	2.3	5:55	8:34	
9	Sun	4:14	4.2	5:35	5.2	10:30	1.0			5:55	8:34	
10	Mon	5:23	3.7	6:10	5.4	12:02	2.0	11:09 AM	1.7	5:56	8:33	
11	Tue	6:56	3.4	6:48	5.5	1:06	1.6	11:55 AM	2.3	5:57	8:33	
12	Wed	8:44	3.4	7:29	5.7	2:06	1.2	12:50	2.8	5:57	8:32	
13	Thu	10:12	3.7	8:13	5.8	2:58	0.7	1:51	3.2	5:58	8:32	
14	Fri	11:10	4.0	8:58	6.0	3:44	0.3	2:50	3.4	5:59	8:31	
15	Sat	11:54	4.3	9:44	6.2	4:26	-0.1	3:41	3.5	5:59	8:31	
16	Sun			12:31	4.5	5:06	-0.5	4:28	3.4	6:00	8:30	
17	Mon			1:05	4.6	5:44	-0.8	5:12	3.3	6:01	8:30	
18	Tue			1:37	4.8	6:21	-1.0	5:56	3.1	6:02	8:29	
19	Wed			2:10	4.9	6:59	-1.1	6:43	2.9	6:02	8:29	
20	Thu	12:45	6.5	2:43	5.1	7:36	-1.0	7:33	2.6	6:03	8:28	
21	Fri	1:33	6.2	3:16	5.3	8:14	-0.8	8:27	2.2	6:04	8:27	
22	Sat	2:25	5.7	3:51	5.6	8:52	-0.3	9:28	1.9	6:05	8:27	
23	Sun	3:24	5.1	4:29	5.9	9:33	0.4	10:35	1.5	6:05	8:26	
24	Mon	4:34	4.5	5:10	6.1	10:16	1.1	11:48	1.1	6:06	8:25	
25	Tue	6:02	4.0	5:57	6.3	11:06	1.9			6:07	8:24	
26	Wed	7:45	3.8	6:49	6.5	1:03	0.6	12:06	2.6	6:08	8:24	
27	Thu	9:21	4.0	7:47	6.6	2:14	0.1	1:18	3.1	6:09	8:23	
28	Fri	10:32	4.4	8:45	6.7	3:16	-0.3	2:31	3.3	6:09	8:22	
29	Sat	11:26	4.7	9:41	6.7	4:11	-0.6	3:36	3.2	6:10	8:21	
30	Sun			12:11	4.9	5:00	-0.8	4:33	3.1	6:11	8:20	
31	Mon			12:51	5.0	5:43	-0.8	5:24	2.9	6:12	8:19	