

Alcatraz Island, CA - Apr 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:09	5.9	7:06	4.2	11:28	-0.5	11:27	3.1	6:54	7:32	
2	Mon	5:19	5.5	8:17	4.4			12:44	-0.3	6:53	7:33	
3	Tue	6:38	5.2	9:12	4.7	1:02	3.0	1:54	-0.2	6:51	7:34	
4	Wed	7:55	5.1	9:55	5.0	2:19	2.5	2:52	-0.1	6:50	7:35	
5	Thu	9:05	5.0	10:31	5.2	3:20	2.0	3:40	0.0	6:48	7:36	
6	Fri	10:05	4.9	11:02	5.3	4:10	1.4	4:20	0.3	6:47	7:36	
7	Sat	10:59	4.9	11:30	5.4	4:54	1.0	4:55	0.6	6:45	7:37	
8	Sun	11:48	4.8	11:55	5.5	5:33	0.6	5:27	1.0	6:44	7:38	
9	Mon			12:34	4.6	6:09	0.2	5:58	1.4	6:42	7:39	
10	Tue	12:19	5.6	1:19	4.5	6:43	0.0	6:28	1.8	6:41	7:40	
11	Wed	12:42	5.6	2:04	4.4	7:16	-0.1	6:59	2.2	6:39	7:41	
12	Thu	1:07	5.6	2:50	4.2	7:50	-0.2	7:30	2.6	6:38	7:42	
13	Fri	1:35	5.5	3:39	4.1	8:27	-0.2	8:04	2.9	6:36	7:43	
14	Sat	2:07	5.4	4:35	3.9	9:08	-0.1	8:42	3.1	6:35	7:44	
15	Sun	2:46	5.2	5:42	3.8	9:56	0.0	9:33	3.3	6:34	7:45	
16	Mon	3:33	5.0	6:53	3.9	10:52	0.1	10:51	3.4	6:32	7:46	
17	Tue	4:31	4.8	7:51	4.0	11:55	0.2			6:31	7:47	
18	Wed	5:42	4.6	8:33	4.2	12:26	3.2	12:57	0.2	6:29	7:47	
19	Thu	6:58	4.6	9:06	4.5	1:39	2.8	1:51	0.1	6:28	7:48	
20	Fri	8:11	4.6	9:36	4.9	2:36	2.2	2:39	0.2	6:27	7:49	
21	Sat	9:19	4.7	10:06	5.3	3:24	1.5	3:23	0.4	6:25	7:50	
22	Sun	10:22	4.8	10:37	5.7	4:09	0.7	4:05	0.7	6:24	7:51	
23	Mon	11:23	4.9	11:10	6.1	4:53	-0.1	4:46	1.1	6:23	7:52	
24	Tue			12:22	4.9	5:38	-0.8	5:28	1.5	6:22	7:53	
25	Wed			1:21	4.9	6:25	-1.3	6:12	2.0	6:20	7:54	
26	Thu	12:26	6.6	2:21	4.8	7:14	-1.6	6:59	2.3	6:19	7:55	
27	Fri	1:09	6.7	3:22	4.7	8:05	-1.6	7:50	2.7	6:18	7:56	
28	Sat	1:57	6.5	4:25	4.6	9:00	-1.4	8:50	2.9	6:17	7:57	
29	Sun	2:50	6.1	5:31	4.5	9:59	-1.1	10:04	3.0	6:15	7:58	
30	Mon	3:51	5.6	6:37	4.6	11:03	-0.7	11:32	2.9	6:14	7:59	