

Alcatraz Island, CA - May 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:01	5.1	7:35	4.8			12:09	-0.3	6:13	7:59	
2	Wed	6:18	4.7	8:25	5.0	12:57	2.5	1:11	0.0	6:12	8:00	
3	Thu	7:38	4.4	9:06	5.2	2:08	2.0	2:06	0.3	6:11	8:01	
4	Fri	8:53	4.2	9:42	5.4	3:07	1.4	2:53	0.7	6:10	8:02	
5	Sat	10:00	4.2	10:12	5.5	3:56	0.8	3:35	1.1	6:09	8:03	
6	Sun	10:58	4.2	10:40	5.6	4:38	0.4	4:13	1.6	6:07	8:04	
7	Mon	11:51	4.2	11:06	5.7	5:16	0.0	4:48	2.0	6:06	8:05	
8	Tue			12:40	4.3	5:50	-0.3	5:23	2.3	6:05	8:06	
9	Wed			1:26	4.3	6:23	-0.5	5:57	2.6	6:04	8:07	
10	Thu			2:09	4.3	6:55	-0.6	6:31	2.9	6:03	8:08	
11	Fri	12:28	5.7	2:52	4.3	7:29	-0.6	7:06	3.1	6:02	8:09	
12	Sat	1:01	5.6	3:36	4.2	8:05	-0.6	7:44	3.2	6:02	8:09	
13	Sun	1:37	5.5	4:23	4.2	8:44	-0.6	8:28	3.3	6:01	8:10	
14	Mon	2:18	5.3	5:11	4.2	9:28	-0.5	9:22	3.3	6:00	8:11	
15	Tue	3:04	5.1	5:59	4.2	10:15	-0.3	10:33	3.2	5:59	8:12	
16	Wed	3:59	4.7	6:44	4.4	11:06	-0.2	11:53	2.9	5:58	8:13	
17	Thu	5:05	4.4	7:24	4.7	11:59	0.1			5:57	8:14	
18	Fri	6:24	4.2	8:00	5.0	1:06	2.4	12:51	0.4	5:57	8:15	
19	Sat	7:48	4.0	8:36	5.4	2:07	1.7	1:42	0.8	5:56	8:15	
20	Sun	9:08	4.1	9:11	5.9	3:00	0.8	2:32	1.2	5:55	8:16	
21	Mon	10:21	4.3	9:48	6.3	3:49	0.0	3:20	1.6	5:54	8:17	
22	Tue	11:28	4.5	10:29	6.7	4:36	-0.8	4:09	2.1	5:54	8:18	
23	Wed			12:29	4.6	5:24	-1.4	4:58	2.4	5:53	8:19	
24	Thu			1:27	4.8	6:13	-1.8	5:49	2.7	5:52	8:20	
25	Fri			2:22	4.8	7:03	-1.9	6:43	2.8	5:52	8:20	
26	Sat	12:48	6.8	3:16	4.9	7:54	-1.9	7:41	2.9	5:51	8:21	
27	Sun	1:40	6.5	4:10	4.9	8:46	-1.6	8:46	2.9	5:51	8:22	
28	Mon	2:35	6.1	5:03	4.9	9:39	-1.2	9:58	2.8	5:50	8:23	
29	Tue	3:34	5.5	5:55	5.0	10:32	-0.7	11:17	2.6	5:50	8:23	
30	Wed	4:39	4.8	6:45	5.1	11:26	-0.1			5:49	8:24	
31	Thu	5:53	4.2	7:30	5.3	12:35	2.2	12:19	0.4	5:49	8:25	