

Alcatraz Island, CA - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:16	3.8	8:11	5.5	1:45	1.6	1:11	1.0	5:49	8:25	
2	Sat	8:41	3.7	8:47	5.6	2:44	1.1	2:01	1.5	5:48	8:26	
3	Sun	9:57	3.8	9:19	5.7	3:34	0.6	2:47	2.0	5:48	8:27	
4	Mon	11:02	3.9	9:51	5.8	4:17	0.1	3:32	2.4	5:48	8:27	
5	Tue	11:56	4.1	10:22	5.9	4:56	-0.2	4:14	2.8	5:47	8:28	
6	Wed			12:44	4.3	5:31	-0.4	4:54	3.0	5:47	8:29	
7	Thu			1:26	4.4	6:05	-0.6	5:33	3.2	5:47	8:29	
8	Fri			2:05	4.4	6:39	-0.7	6:11	3.3	5:47	8:30	
9	Sat	12:04	5.9	2:41	4.4	7:13	-0.8	6:49	3.3	5:47	8:30	
10	Sun	12:41	5.9	3:17	4.4	7:47	-0.8	7:29	3.3	5:47	8:31	
11	Mon	1:19	5.7	3:54	4.5	8:23	-0.8	8:14	3.2	5:46	8:31	
12	Tue	2:00	5.5	4:30	4.6	9:01	-0.7	9:07	3.1	5:46	8:32	
13	Wed	2:45	5.2	5:07	4.7	9:41	-0.5	10:10	2.9	5:46	8:32	
14	Thu	3:37	4.8	5:44	5.0	10:23	-0.1	11:20	2.5	5:46	8:32	
15	Fri	4:42	4.3	6:22	5.3	11:09	0.4			5:46	8:33	
16	Sat	6:04	3.9	7:01	5.6	12:32	1.9	11:58 AM	1.0	5:46	8:33	
17	Sun	7:38	3.7	7:42	6.0	1:38	1.2	12:52	1.5	5:47	8:34	
18	Mon	9:10	3.8	8:26	6.4	2:37	0.4	1:48	2.1	5:47	8:34	
19	Tue	10:29	4.1	9:12	6.7	3:32	-0.4	2:46	2.5	5:47	8:34	
20	Wed	11:35	4.4	10:01	7.0	4:23	-1.0	3:43	2.8	5:47	8:34	
21	Thu			12:31	4.7	5:14	-1.5	4:40	2.9	5:47	8:35	
22	Fri			1:22	4.9	6:03	-1.7	5:37	3.0	5:47	8:35	
23	Sat			2:10	5.0	6:52	-1.8	6:34	2.9	5:48	8:35	
24	Sun	12:36	6.9	2:55	5.1	7:39	-1.6	7:32	2.8	5:48	8:35	
25	Mon	1:28	6.5	3:39	5.2	8:26	-1.3	8:33	2.6	5:48	8:35	
26	Tue	2:20	6.0	4:23	5.3	9:10	-0.9	9:38	2.5	5:49	8:35	
27	Wed	3:15	5.3	5:05	5.3	9:54	-0.3	10:47	2.2	5:49	8:35	
28	Thu	4:15	4.6	5:47	5.4	10:39	0.4	11:59	1.9	5:49	8:35	
29	Fri	5:25	4.0	6:28	5.5	11:25	1.1			5:50	8:35	
30	Sat	6:52	3.6	7:08	5.6	1:08	1.5	12:14	1.8	5:50	8:35	