

Alcatraz Island, CA - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:47	4.2	8:33	5.9	3:18	0.5	2:39	3.5	6:13	8:18	
2	Thu	11:28	4.4	9:22	6.0	4:04	0.2	3:32	3.4	6:13	8:17	
3	Fri			12:00	4.5	4:44	0.0	4:17	3.3	6:14	8:16	
4	Sat			12:30	4.6	5:20	-0.3	4:57	3.1	6:15	8:15	
5	Sun			12:57	4.8	5:52	-0.4	5:35	2.9	6:16	8:14	
6	Mon			1:24	4.9	6:24	-0.5	6:13	2.6	6:17	8:13	
7	Tue	12:13	6.2	1:51	5.1	6:55	-0.4	6:54	2.3	6:18	8:12	
8	Wed	12:56	6.0	2:19	5.4	7:26	-0.2	7:38	2.0	6:19	8:11	
9	Thu	1:42	5.6	2:48	5.6	7:59	0.1	8:26	1.7	6:19	8:10	
10	Fri	2:33	5.2	3:20	5.8	8:33	0.7	9:21	1.3	6:20	8:09	
11	Sat	3:32	4.7	3:57	6.0	9:11	1.3	10:22	1.0	6:21	8:07	
12	Sun	4:46	4.2	4:39	6.2	9:54	2.0	11:32	0.8	6:22	8:06	
13	Mon	6:19	3.9	5:31	6.3	10:48	2.6			6:23	8:05	
14	Tue	8:03	4.0	6:32	6.4	12:49	0.4	11:58 AM	3.1	6:24	8:04	
15	Wed	9:28	4.2	7:39	6.5	2:02	0.1	1:21	3.3	6:25	8:03	
16	Thu	10:26	4.6	8:44	6.6	3:07	-0.3	2:37	3.2	6:26	8:01	
17	Fri	11:12	4.9	9:45	6.7	4:02	-0.6	3:41	2.9	6:26	8:00	
18	Sat	11:52	5.1	10:40	6.7	4:50	-0.7	4:37	2.6	6:27	7:59	
19	Sun			12:29	5.3	5:33	-0.7	5:28	2.2	6:28	7:57	
20	Mon			1:03	5.4	6:12	-0.5	6:16	1.9	6:29	7:56	
21	Tue	12:21	6.2	1:36	5.6	6:48	-0.2	7:03	1.6	6:30	7:55	
22	Wed	1:08	5.8	2:06	5.6	7:23	0.3	7:49	1.4	6:31	7:53	
23	Thu	1:56	5.4	2:36	5.7	7:56	0.8	8:35	1.3	6:32	7:52	
24	Fri	2:46	4.9	3:05	5.7	8:30	1.4	9:23	1.2	6:32	7:51	
25	Sat	3:41	4.4	3:37	5.6	9:05	2.1	10:16	1.2	6:33	7:49	
26	Sun	4:47	4.1	4:13	5.6	9:44	2.6	11:17	1.2	6:34	7:48	
27	Mon	6:16	3.8	4:58	5.5	10:34	3.1			6:35	7:46	
28	Tue	8:07	3.9	5:54	5.4	12:26	1.1	11:49 AM	3.5	6:36	7:45	
29	Wed	9:26	4.1	6:58	5.4	1:36	1.0	1:17	3.6	6:37	7:43	
30	Thu	10:12	4.3	8:00	5.5	2:36	0.7	2:24	3.5	6:38	7:42	
31	Fri	10:45	4.5	8:56	5.7	3:25	0.4	3:16	3.2	6:38	7:40	