

Alcatraz Island, CA - Sep 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:12	4.7	9:46	5.9	4:06	0.2	3:58	2.9	6:39	7:39	
2	Sun	11:38	4.8	10:32	6.0	4:41	0.0	4:37	2.5	6:40	7:38	
3	Mon			12:03	5.0	5:14	-0.1	5:15	2.1	6:41	7:36	
4	Tue			12:29	5.3	5:46	0.0	5:53	1.7	6:42	7:35	
5	Wed	12:04	5.9	12:56	5.6	6:17	0.2	6:35	1.2	6:43	7:33	
6	Thu	12:52	5.7	1:25	5.9	6:50	0.6	7:19	0.8	6:43	7:31	
7	Fri	1:43	5.4	1:56	6.1	7:25	1.1	8:07	0.5	6:44	7:30	
8	Sat	2:40	5.1	2:31	6.3	8:02	1.6	9:00	0.3	6:45	7:28	
9	Sun	3:45	4.7	3:12	6.3	8:44	2.2	10:00	0.2	6:46	7:27	
10	Mon	5:02	4.3	4:02	6.3	9:33	2.8	11:10	0.2	6:47	7:25	
11	Tue	6:34	4.2	5:03	6.2	10:40	3.2			6:48	7:24	
12	Wed	8:03	4.3	6:16	6.0	12:28	0.1	12:10	3.4	6:48	7:22	
13	Thu	9:10	4.6	7:31	6.0	1:44	0.0	1:38	3.2	6:49	7:21	
14	Fri	9:59	4.9	8:41	6.0	2:48	-0.1	2:49	2.8	6:50	7:19	
15	Sat	10:39	5.2	9:43	6.0	3:41	-0.2	3:46	2.3	6:51	7:18	
16	Sun	11:15	5.4	10:38	6.0	4:25	-0.1	4:36	1.8	6:52	7:16	
17	Mon	11:48	5.6	11:29	5.8	5:04	0.1	5:22	1.4	6:53	7:14	
18	Tue			12:18	5.7	5:39	0.4	6:04	1.0	6:54	7:13	
19	Wed	12:18	5.5	12:46	5.8	6:13	0.8	6:44	0.8	6:54	7:11	
20	Thu	1:05	5.3	1:12	5.8	6:45	1.3	7:23	0.6	6:55	7:10	
21	Fri	1:53	5.0	1:38	5.8	7:17	1.8	8:02	0.5	6:56	7:08	
22	Sat	2:42	4.7	2:05	5.7	7:50	2.3	8:43	0.6	6:57	7:07	
23	Sun	3:36	4.4	2:36	5.6	8:25	2.8	9:28	0.6	6:58	7:05	
24	Mon	4:39	4.2	3:14	5.4	9:05	3.2	10:22	0.8	6:59	7:04	
25	Tue	5:59	4.0	4:01	5.3	9:59	3.5	11:26	0.9	7:00	7:02	
26	Wed	7:31	4.1	5:02	5.1	11:25	3.7			7:00	7:00	
27	Thu	8:37	4.2	6:13	5.0	12:37	0.8	12:58	3.6	7:01	6:59	
28	Fri	9:18	4.4	7:23	5.1	1:41	0.7	2:04	3.3	7:02	6:57	
29	Sat	9:48	4.6	8:26	5.2	2:33	0.5	2:54	2.9	7:03	6:56	
30	Sun	10:14	4.9	9:22	5.4	3:16	0.4	3:36	2.3	7:04	6:54	