

Alcatraz Island, CA - May 1991

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:07	5.7	3:25	4.3	8:04	-0.6	7:50	2.9	6:13	7:59	
2	Thu	1:41	5.5	4:14	4.2	8:44	-0.5	8:34	3.1	6:12	8:00	
3	Fri	2:20	5.3	5:06	4.1	9:27	-0.3	9:26	3.2	6:11	8:01	
4	Sat	3:03	5.0	6:00	4.1	10:15	-0.1	10:35	3.2	6:10	8:02	
5	Sun	3:55	4.7	6:51	4.2	11:07	0.1	11:57	3.0	6:09	8:03	
6	Mon	4:57	4.4	7:34	4.3			12:01	0.3	6:08	8:04	
7	Tue	6:09	4.1	8:11	4.6	1:09	2.7	12:54	0.5	6:07	8:05	
8	Wed	7:26	4.0	8:43	4.9	2:08	2.2	1:43	0.7	6:06	8:06	
9	Thu	8:40	4.0	9:14	5.2	2:56	1.5	2:29	1.0	6:05	8:07	
10	Fri	9:48	4.1	9:45	5.6	3:38	0.8	3:12	1.3	6:04	8:07	
11	Sat	10:50	4.3	10:18	6.0	4:19	0.1	3:54	1.6	6:03	8:08	
12	Sun	11:49	4.5	10:54	6.3	5:00	-0.5	4:37	2.0	6:02	8:09	
13	Mon			12:45	4.6	5:43	-1.1	5:21	2.3	6:01	8:10	
14	Tue			1:40	4.7	6:28	-1.5	6:08	2.5	6:00	8:11	
15	Wed	12:17	6.7	2:34	4.7	7:16	-1.7	6:58	2.7	5:59	8:12	
16	Thu	1:04	6.6	3:29	4.7	8:06	-1.7	7:54	2.8	5:58	8:13	
17	Fri	1:56	6.4	4:25	4.7	8:59	-1.5	8:58	2.8	5:57	8:14	
18	Sat	2:52	6.0	5:21	4.8	9:54	-1.2	10:13	2.7	5:57	8:14	
19	Sun	3:55	5.5	6:16	5.0	10:52	-0.7	11:37	2.5	5:56	8:15	
20	Mon	5:06	4.9	7:07	5.2	11:50	-0.3			5:55	8:16	
21	Tue	6:26	4.4	7:54	5.4	12:58	2.0	12:48	0.3	5:54	8:17	
22	Wed	7:51	4.1	8:37	5.7	2:08	1.3	1:42	0.8	5:54	8:18	
23	Thu	9:11	4.0	9:16	5.9	3:07	0.7	2:33	1.3	5:53	8:19	
24	Fri	10:23	4.1	9:52	6.0	3:58	0.1	3:20	1.8	5:53	8:19	
25	Sat	11:25	4.2	10:26	6.1	4:42	-0.3	4:05	2.2	5:52	8:20	
26	Sun			12:19	4.3	5:22	-0.6	4:48	2.6	5:51	8:21	
27	Mon			1:08	4.4	5:58	-0.7	5:30	2.8	5:51	8:22	
28	Tue			1:52	4.5	6:34	-0.8	6:10	3.0	5:50	8:22	
29	Wed	12:04	5.9	2:33	4.4	7:09	-0.8	6:50	3.1	5:50	8:23	
30	Thu	12:39	5.8	3:13	4.4	7:44	-0.7	7:30	3.2	5:49	8:24	
31	Fri	1:15	5.6	3:51	4.4	8:20	-0.6	8:13	3.2	5:49	8:25	