

Alcatraz Island, CA - Jun 1991

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:54	5.4	4:29	4.4	8:57	-0.5	9:03	3.1	5:49	8:25	
2	Sun	2:35	5.1	5:07	4.4	9:36	-0.3	10:01	3.1	5:48	8:26	
3	Mon	3:22	4.7	5:45	4.6	10:18	0.0	11:10	2.8	5:48	8:27	
4	Tue	4:18	4.3	6:23	4.8	11:01	0.3			5:48	8:27	
5	Wed	5:27	3.9	7:00	5.1	12:20	2.5	11:48 AM	0.7	5:47	8:28	
6	Thu	6:50	3.7	7:37	5.4	1:24	1.9	12:37	1.2	5:47	8:28	
7	Fri	8:18	3.6	8:14	5.8	2:18	1.2	1:29	1.7	5:47	8:29	
8	Sat	9:39	3.8	8:53	6.1	3:07	0.5	2:21	2.1	5:47	8:30	
9	Sun	10:49	4.1	9:35	6.5	3:54	-0.3	3:13	2.4	5:47	8:30	
10	Mon	11:50	4.4	10:21	6.8	4:41	-0.9	4:05	2.7	5:47	8:31	
11	Tue			12:44	4.6	5:28	-1.4	4:57	2.8	5:46	8:31	
12	Wed			1:35	4.8	6:16	-1.8	5:51	2.9	5:46	8:31	
13	Thu			2:23	4.9	7:04	-1.9	6:47	2.8	5:46	8:32	
14	Fri	12:52	6.9	3:11	5.0	7:53	-1.8	7:47	2.7	5:46	8:32	
15	Sat	1:46	6.5	3:58	5.2	8:42	-1.5	8:52	2.5	5:46	8:33	
16	Sun	2:43	6.0	4:44	5.3	9:31	-1.0	10:04	2.3	5:46	8:33	
17	Mon	3:44	5.3	5:31	5.5	10:20	-0.4	11:20	2.0	5:47	8:33	
18	Tue	4:53	4.6	6:18	5.7	11:10	0.3			5:47	8:34	
19	Wed	6:13	4.1	7:04	5.8	12:36	1.5	12:03	1.0	5:47	8:34	
20	Thu	7:44	3.8	7:49	6.0	1:46	1.0	12:58	1.6	5:47	8:34	
21	Fri	9:13	3.8	8:31	6.1	2:47	0.5	1:54	2.2	5:47	8:35	
22	Sat	10:29	4.0	9:12	6.1	3:40	0.1	2:49	2.6	5:47	8:35	
23	Sun	11:29	4.2	9:51	6.1	4:25	-0.2	3:41	2.9	5:48	8:35	
24	Mon			12:18	4.4	5:06	-0.5	4:29	3.1	5:48	8:35	
25	Tue			1:01	4.5	5:43	-0.6	5:13	3.2	5:48	8:35	
26	Wed			1:38	4.6	6:18	-0.6	5:53	3.2	5:49	8:35	
27	Thu			2:12	4.6	6:51	-0.7	6:32	3.2	5:49	8:35	
28	Fri	12:20	5.9	2:43	4.6	7:23	-0.6	7:11	3.1	5:49	8:35	
29	Sat	12:57	5.8	3:13	4.7	7:55	-0.6	7:52	3.0	5:50	8:35	
30	Sun	1:35	5.5	3:42	4.8	8:27	-0.4	8:36	2.9	5:50	8:35	