

Alcatraz Island, CA - Jul 1991

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:15	5.2	4:13	4.9	9:00	-0.2	9:26	2.7	5:51	8:35	
2	Tue	2:59	4.8	4:45	5.1	9:34	0.2	10:24	2.5	5:51	8:35	
3	Wed	3:52	4.4	5:19	5.3	10:11	0.7	11:29	2.1	5:52	8:35	
4	Thu	5:00	3.9	5:57	5.5	10:53	1.3			5:52	8:35	
5	Fri	6:29	3.6	6:38	5.8	12:36	1.6	11:42 AM	1.8	5:53	8:35	
6	Sat	8:10	3.6	7:24	6.2	1:40	0.9	12:40	2.4	5:53	8:35	
7	Sun	9:40	3.8	8:15	6.5	2:39	0.3	1:43	2.8	5:54	8:34	
8	Mon	10:48	4.2	9:07	6.8	3:33	-0.4	2:46	3.0	5:54	8:34	
9	Tue	11:43	4.5	10:01	7.0	4:24	-1.0	3:47	3.0	5:55	8:34	
10	Wed			12:31	4.8	5:14	-1.4	4:45	2.9	5:56	8:33	
11	Thu			1:15	5.0	6:02	-1.6	5:42	2.7	5:56	8:33	
12	Fri			1:57	5.2	6:49	-1.6	6:39	2.5	5:57	8:33	
13	Sat	12:43	6.9	2:38	5.4	7:34	-1.4	7:37	2.2	5:58	8:32	
14	Sun	1:37	6.5	3:19	5.6	8:18	-1.0	8:38	2.0	5:58	8:32	
15	Mon	2:33	5.9	4:00	5.7	9:01	-0.4	9:42	1.8	5:59	8:31	
16	Tue	3:32	5.2	4:41	5.9	9:44	0.3	10:51	1.5	6:00	8:31	
17	Wed	4:40	4.5	5:25	6.0	10:30	1.1			6:00	8:30	
18	Thu	6:01	4.0	6:11	6.0	12:02	1.2	11:20 AM	1.8	6:01	8:30	
19	Fri	7:39	3.8	6:59	6.0	1:13	0.9	12:19	2.4	6:02	8:29	
20	Sat	9:14	3.9	7:49	6.0	2:18	0.6	1:25	2.9	6:03	8:28	
21	Sun	10:25	4.2	8:38	6.0	3:14	0.3	2:30	3.2	6:03	8:28	
22	Mon	11:18	4.4	9:25	6.1	4:03	0.1	3:27	3.3	6:04	8:27	
23	Tue			12:00	4.6	4:45	-0.1	4:16	3.2	6:05	8:26	
24	Wed			12:35	4.6	5:23	-0.3	4:59	3.1	6:06	8:25	
25	Thu			1:05	4.7	5:56	-0.3	5:37	3.0	6:07	8:25	
26	Fri			1:33	4.8	6:27	-0.4	6:14	2.9	6:07	8:24	
27	Sat	12:06	6.0	1:58	4.9	6:56	-0.3	6:50	2.7	6:08	8:23	
28	Sun	12:43	5.8	2:24	5.0	7:24	-0.2	7:28	2.5	6:09	8:22	
29	Mon	1:21	5.6	2:50	5.2	7:53	0.0	8:09	2.3	6:10	8:21	
30	Tue	2:02	5.2	3:17	5.3	8:23	0.4	8:54	2.1	6:11	8:20	
31	Wed	2:48	4.8	3:48	5.5	8:54	0.8	9:46	1.8	6:12	8:19	