

Alcatraz Island, CA - Aug 1991

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:43	4.4	4:22	5.7	9:30	1.4	10:45	1.5	6:12	8:19	
2	Fri	4:55	4.0	5:02	5.9	10:11	2.0	11:54	1.1	6:13	8:18	
3	Sat	6:30	3.7	5:51	6.1	11:03	2.6			6:14	8:17	
4	Sun	8:15	3.8	6:48	6.3	1:06	0.7	12:10	3.0	6:15	8:16	
5	Mon	9:38	4.1	7:51	6.5	2:14	0.2	1:27	3.2	6:16	8:14	
6	Tue	10:36	4.4	8:53	6.8	3:15	-0.3	2:39	3.2	6:17	8:13	
7	Wed	11:22	4.7	9:53	6.9	4:09	-0.8	3:43	2.9	6:18	8:12	
8	Thu			12:03	5.0	4:58	-1.0	4:40	2.6	6:18	8:11	
9	Fri			12:42	5.3	5:43	-1.1	5:35	2.2	6:19	8:10	
10	Sat			1:19	5.5	6:26	-1.0	6:29	1.8	6:20	8:09	
11	Sun	12:37	6.6	1:56	5.8	7:07	-0.6	7:22	1.5	6:21	8:08	
12	Mon	1:30	6.1	2:32	5.9	7:46	-0.1	8:17	1.2	6:22	8:07	
13	Tue	2:25	5.6	3:09	6.0	8:26	0.5	9:13	1.1	6:23	8:05	
14	Wed	3:24	5.0	3:48	6.0	9:07	1.2	10:13	1.0	6:24	8:04	
15	Thu	4:30	4.4	4:29	6.0	9:51	1.9	11:19	1.0	6:24	8:03	
16	Fri	5:52	4.0	5:16	5.8	10:43	2.6			6:25	8:02	
17	Sat	7:32	4.0	6:09	5.7	12:29	0.9	11:51 AM	3.1	6:26	8:00	
18	Sun	9:02	4.1	7:08	5.7	1:38	0.8	1:09	3.3	6:27	7:59	
19	Mon	10:04	4.4	8:07	5.7	2:40	0.6	2:19	3.3	6:28	7:58	
20	Tue	10:48	4.5	9:00	5.8	3:32	0.4	3:16	3.2	6:29	7:56	
21	Wed	11:23	4.7	9:48	5.9	4:15	0.2	4:02	3.0	6:30	7:55	
22	Thu	11:52	4.8	10:32	5.9	4:52	0.1	4:42	2.7	6:30	7:54	
23	Fri			12:17	4.9	5:24	0.1	5:18	2.5	6:31	7:52	
24	Sat			12:41	5.0	5:53	0.1	5:53	2.2	6:32	7:51	
25	Sun			1:04	5.2	6:20	0.2	6:28	1.9	6:33	7:49	
26	Mon	12:32	5.6	1:29	5.4	6:48	0.4	7:04	1.7	6:34	7:48	
27	Tue	1:14	5.4	1:55	5.6	7:16	0.7	7:43	1.4	6:35	7:47	
28	Wed	1:59	5.1	2:23	5.7	7:47	1.2	8:26	1.1	6:36	7:45	
29	Thu	2:49	4.8	2:55	5.9	8:20	1.7	9:16	0.9	6:36	7:44	
30	Fri	3:50	4.4	3:32	6.0	8:57	2.2	10:14	0.8	6:37	7:42	
31	Sat	5:06	4.1	4:19	6.0	9:42	2.7	11:22	0.6	6:38	7:41	