

Alcatraz Island, CA - Sep 1991

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:41	4.0	5:17	6.0	10:44	3.1			6:39	7:39	
2	Mon	8:14	4.1	6:26	6.1	12:39	0.4	12:07	3.3	6:40	7:38	
3	Tue	9:21	4.4	7:39	6.2	1:52	0.1	1:34	3.2	6:41	7:36	
4	Wed	10:09	4.7	8:47	6.4	2:55	-0.2	2:45	2.9	6:42	7:35	
5	Thu	10:50	5.0	9:49	6.5	3:47	-0.4	3:45	2.4	6:42	7:33	
6	Fri	11:27	5.4	10:46	6.4	4:34	-0.5	4:38	1.8	6:43	7:32	
7	Sat			12:02	5.6	5:16	-0.4	5:29	1.3	6:44	7:30	
8	Sun			12:36	5.9	5:56	0.0	6:18	0.9	6:45	7:29	
9	Mon	12:34	6.0	1:10	6.1	6:34	0.4	7:05	0.6	6:46	7:27	
10	Tue	1:27	5.6	1:43	6.1	7:12	1.0	7:53	0.4	6:47	7:26	
11	Wed	2:22	5.2	2:17	6.1	7:51	1.6	8:42	0.4	6:47	7:24	
12	Thu	3:19	4.8	2:53	6.0	8:31	2.2	9:33	0.5	6:48	7:23	
13	Fri	4:24	4.4	3:33	5.8	9:16	2.7	10:31	0.6	6:49	7:21	
14	Sat	5:42	4.2	4:20	5.5	10:13	3.2	11:37	0.8	6:50	7:20	
15	Sun	7:13	4.2	5:17	5.3	11:31	3.4			6:51	7:18	
16	Mon	8:32	4.3	6:24	5.2	12:48	0.8	12:56	3.4	6:52	7:16	
17	Tue	9:25	4.5	7:31	5.2	1:53	0.8	2:05	3.2	6:53	7:15	
18	Wed	10:02	4.6	8:32	5.3	2:47	0.6	2:58	2.9	6:53	7:13	
19	Thu	10:32	4.8	9:25	5.4	3:31	0.5	3:42	2.5	6:54	7:12	
20	Fri	10:57	4.9	10:12	5.4	4:08	0.5	4:21	2.2	6:55	7:10	
21	Sat	11:20	5.1	10:57	5.4	4:40	0.5	4:56	1.8	6:56	7:09	
22	Sun	11:44	5.3	11:41	5.4	5:10	0.6	5:30	1.4	6:57	7:07	
23	Mon			12:08	5.6	5:39	0.9	6:05	1.0	6:58	7:05	
24	Tue	12:26	5.3	12:34	5.8	6:09	1.2	6:41	0.6	6:59	7:04	
25	Wed	1:13	5.1	1:03	6.0	6:40	1.6	7:21	0.3	6:59	7:02	
26	Thu	2:04	4.9	1:34	6.1	7:14	2.0	8:05	0.1	7:00	7:01	
27	Fri	2:59	4.7	2:11	6.2	7:52	2.4	8:54	0.0	7:01	6:59	
28	Sat	4:03	4.5	2:55	6.1	8:36	2.8	9:52	0.0	7:02	6:58	
29	Sun	5:19	4.3	3:49	6.0	9:31	3.2	11:00	0.0	7:03	6:56	
30	Mon	6:40	4.3	4:56	5.8	10:48	3.4			7:04	6:55	