

Alcatraz Island, CA - Jul 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:41	4.6	10:19	6.7	4:37	-0.8	4:04	2.7	5:51	8:35	
2	Fri			12:31	4.8	5:23	-1.0	4:58	2.8	5:51	8:35	
3	Sat			1:15	4.9	6:06	-1.0	5:49	2.8	5:52	8:35	
4	Sun			1:56	5.0	6:46	-1.0	6:38	2.7	5:52	8:35	
5	Mon	12:34	6.2	2:34	5.0	7:24	-0.8	7:25	2.7	5:53	8:35	
6	Tue	1:16	5.9	3:09	5.1	8:01	-0.6	8:13	2.6	5:54	8:34	
7	Wed	1:58	5.5	3:43	5.1	8:36	-0.2	9:03	2.5	5:54	8:34	
8	Thu	2:41	5.0	4:16	5.1	9:12	0.2	9:57	2.4	5:55	8:34	
9	Fri	3:28	4.6	4:49	5.2	9:48	0.7	10:57	2.2	5:55	8:34	
10	Sat	4:24	4.1	5:25	5.3	10:26	1.3			5:56	8:33	
11	Sun	5:35	3.7	6:04	5.4	12:02	1.9	11:10 AM	1.8	5:57	8:33	
12	Mon	7:06	3.5	6:47	5.6	1:07	1.6	12:01	2.3	5:57	8:32	
13	Tue	8:42	3.5	7:33	5.7	2:06	1.2	1:00	2.7	5:58	8:32	
14	Wed	9:57	3.8	8:21	6.0	2:58	0.7	2:01	2.9	5:59	8:31	
15	Thu	10:52	4.1	9:08	6.2	3:43	0.3	2:56	3.1	5:59	8:31	
16	Fri	11:36	4.3	9:54	6.4	4:24	-0.1	3:47	3.0	6:00	8:30	
17	Sat			12:14	4.6	5:04	-0.5	4:35	2.9	6:01	8:30	
18	Sun			12:51	4.8	5:42	-0.8	5:21	2.8	6:02	8:29	
19	Mon			1:27	5.0	6:21	-1.0	6:09	2.5	6:02	8:29	
20	Tue	12:15	6.6	2:03	5.2	7:00	-1.0	6:59	2.2	6:03	8:28	
21	Wed	1:04	6.4	2:39	5.5	7:39	-0.8	7:52	2.0	6:04	8:27	
22	Thu	1:56	6.0	3:17	5.7	8:20	-0.4	8:50	1.7	6:05	8:27	
23	Fri	2:52	5.5	3:58	6.0	9:02	0.1	9:53	1.4	6:05	8:26	
24	Sat	3:56	4.9	4:42	6.2	9:47	0.8	11:03	1.1	6:06	8:25	
25	Sun	5:11	4.4	5:30	6.3	10:37	1.5			6:07	8:24	
26	Mon	6:40	4.0	6:24	6.4	12:17	0.8	11:36 AM	2.1	6:08	8:23	
27	Tue	8:15	4.0	7:22	6.5	1:31	0.4	12:46	2.6	6:09	8:23	
28	Wed	9:37	4.3	8:20	6.5	2:37	0.1	1:58	2.8	6:09	8:22	
29	Thu	10:39	4.6	9:16	6.5	3:35	-0.2	3:05	2.9	6:10	8:21	
30	Fri	11:28	4.8	10:08	6.5	4:25	-0.4	4:03	2.8	6:11	8:20	
31	Sat			12:11	5.0	5:09	-0.5	4:54	2.7	6:12	8:19	