

Alcatraz Island, CA - Aug 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:48	5.1	5:48	-0.5	5:40	2.5	6:13	8:18	
2	Mon			1:22	5.1	6:24	-0.4	6:23	2.4	6:14	8:17	
3	Tue	12:21	6.0	1:53	5.2	6:57	-0.2	7:04	2.3	6:15	8:16	
4	Wed	1:01	5.7	2:21	5.2	7:29	0.1	7:45	2.1	6:15	8:15	
5	Thu	1:41	5.4	2:48	5.3	8:00	0.5	8:26	2.0	6:16	8:14	
6	Fri	2:22	5.0	3:16	5.3	8:30	0.9	9:11	1.9	6:17	8:13	
7	Sat	3:07	4.6	3:46	5.4	9:02	1.4	10:00	1.8	6:18	8:12	
8	Sun	4:00	4.2	4:20	5.5	9:37	1.9	10:57	1.7	6:19	8:11	
9	Mon	5:08	3.8	5:02	5.5	10:18	2.4			6:20	8:09	
10	Tue	6:37	3.6	5:50	5.6	12:03	1.5	11:10 AM	2.8	6:21	8:08	
11	Wed	8:16	3.7	6:45	5.7	1:11	1.2	12:19	3.1	6:21	8:07	
12	Thu	9:30	4.0	7:43	5.9	2:12	0.8	1:32	3.2	6:22	8:06	
13	Fri	10:20	4.3	8:39	6.1	3:05	0.4	2:35	3.1	6:23	8:05	
14	Sat	11:00	4.5	9:33	6.4	3:51	0.0	3:29	2.9	6:24	8:03	
15	Sun	11:35	4.8	10:24	6.5	4:32	-0.3	4:18	2.6	6:25	8:02	
16	Mon			12:09	5.1	5:13	-0.6	5:06	2.2	6:26	8:01	
17	Tue			12:43	5.4	5:52	-0.6	5:54	1.7	6:27	8:00	
18	Wed	12:07	6.5	1:18	5.7	6:31	-0.5	6:44	1.3	6:27	7:58	
19	Thu	12:59	6.3	1:54	6.0	7:11	-0.1	7:36	1.0	6:28	7:57	
20	Fri	1:54	5.9	2:33	6.2	7:52	0.4	8:31	0.7	6:29	7:56	
21	Sat	2:53	5.4	3:14	6.4	8:34	1.0	9:31	0.5	6:30	7:54	
22	Sun	3:59	4.9	4:01	6.4	9:21	1.6	10:38	0.5	6:31	7:53	
23	Mon	5:15	4.5	4:53	6.3	10:16	2.2	11:51	0.4	6:32	7:52	
24	Tue	6:44	4.3	5:53	6.2	11:25	2.7			6:33	7:50	
25	Wed	8:12	4.4	6:59	6.1	1:06	0.3	12:46	3.0	6:33	7:49	
26	Thu	9:23	4.6	8:05	6.1	2:16	0.2	2:04	2.9	6:34	7:47	
27	Fri	10:17	4.8	9:06	6.1	3:15	0.1	3:08	2.7	6:35	7:46	
28	Sat	11:00	5.0	9:59	6.0	4:04	0.0	4:01	2.5	6:36	7:44	
29	Sun	11:37	5.2	10:47	6.0	4:45	0.0	4:47	2.2	6:37	7:43	
30	Mon			12:09	5.2	5:21	0.1	5:28	2.0	6:38	7:42	
31	Tue			12:37	5.3	5:54	0.3	6:06	1.8	6:39	7:40	