

Alcatraz Island, CA - Sep 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:11	5.6	1:02	5.3	6:24	0.6	6:42	1.6	6:39	7:39	
2	Thu	12:51	5.4	1:27	5.4	6:53	0.9	7:17	1.4	6:40	7:37	
3	Fri	1:31	5.1	1:51	5.5	7:22	1.2	7:53	1.3	6:41	7:36	
4	Sat	2:12	4.9	2:18	5.5	7:51	1.6	8:31	1.2	6:42	7:34	
5	Sun	2:57	4.6	2:48	5.5	8:23	2.0	9:13	1.2	6:43	7:33	
6	Mon	3:50	4.3	3:23	5.5	8:57	2.5	10:03	1.1	6:44	7:31	
7	Tue	4:55	4.0	4:06	5.5	9:39	2.8	11:03	1.1	6:45	7:30	
8	Wed	6:17	3.9	5:00	5.4	10:36	3.1			6:45	7:28	
9	Thu	7:45	4.0	6:02	5.5	12:12	1.0	11:55 AM	3.3	6:46	7:26	
10	Fri	8:50	4.2	7:10	5.6	1:21	0.7	1:16	3.2	6:47	7:25	
11	Sat	9:36	4.5	8:15	5.8	2:20	0.4	2:21	2.9	6:48	7:23	
12	Sun	10:14	4.8	9:15	6.0	3:11	0.1	3:15	2.4	6:49	7:22	
13	Mon	10:48	5.1	10:12	6.1	3:55	-0.1	4:04	1.9	6:50	7:20	
14	Tue	11:22	5.5	11:07	6.2	4:37	-0.1	4:52	1.3	6:50	7:19	
15	Wed	11:57	5.9			5:18	0.0	5:40	0.7	6:51	7:17	
16	Thu	12:02	6.1	12:32	6.2	5:59	0.3	6:29	0.2	6:52	7:16	
17	Fri	12:58	5.9	1:10	6.5	6:40	0.8	7:19	-0.1	6:53	7:14	
18	Sat	1:55	5.6	1:50	6.6	7:23	1.3	8:12	-0.3	6:54	7:13	
19	Sun	2:55	5.3	2:34	6.6	8:09	1.8	9:09	-0.2	6:55	7:11	
20	Mon	4:01	4.9	3:23	6.4	9:01	2.3	10:11	-0.1	6:56	7:09	
21	Tue	5:15	4.6	4:19	6.1	10:04	2.8	11:21	0.1	6:56	7:08	
22	Wed	6:36	4.6	5:24	5.8	11:23	3.0			6:57	7:06	
23	Thu	7:53	4.7	6:36	5.6	12:34	0.3	12:50	3.0	6:58	7:05	
24	Fri	8:54	4.9	7:47	5.4	1:43	0.3	2:04	2.7	6:59	7:03	
25	Sat	9:42	5.1	8:52	5.4	2:41	0.4	3:04	2.3	7:00	7:02	
26	Sun	10:21	5.2	9:48	5.4	3:29	0.5	3:53	1.9	7:01	7:00	
27	Mon	10:53	5.3	10:37	5.3	4:10	0.6	4:35	1.6	7:02	6:58	
28	Tue	11:21	5.4	11:22	5.2	4:45	0.8	5:13	1.3	7:02	6:57	
29	Wed	11:46	5.5			5:17	1.0	5:47	1.0	7:03	6:55	
30	Thu	12:05	5.1	12:10	5.6	5:47	1.3	6:20	0.8	7:04	6:54	