

Alcatraz Island, CA - Jul 1995

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:46	5.5	3:42	4.9	8:27	-0.3	8:45	2.7	5:51	8:35	
2	Sun	2:28	5.2	4:17	5.1	9:03	-0.1	9:37	2.5	5:51	8:35	
3	Mon	3:15	4.8	4:54	5.2	9:42	0.3	10:38	2.3	5:52	8:35	
4	Tue	4:12	4.4	5:35	5.4	10:25	0.7	11:44	1.9	5:52	8:35	
5	Wed	5:25	4.0	6:19	5.7	11:14	1.2			5:53	8:35	
6	Thu	6:53	3.8	7:06	6.0	12:53	1.4	12:10	1.7	5:53	8:35	
7	Fri	8:24	3.8	7:56	6.3	1:56	0.8	1:12	2.1	5:54	8:34	
8	Sat	9:43	4.1	8:48	6.6	2:54	0.1	2:15	2.4	5:54	8:34	
9	Sun	10:47	4.4	9:40	6.9	3:48	-0.5	3:15	2.5	5:55	8:34	
10	Mon	11:42	4.7	10:32	7.1	4:38	-1.0	4:14	2.5	5:56	8:33	
11	Tue			12:31	5.0	5:27	-1.3	5:10	2.4	5:56	8:33	
12	Wed			1:18	5.2	6:14	-1.4	6:06	2.3	5:57	8:33	
13	Thu	12:17	6.9	2:02	5.4	7:00	-1.3	7:02	2.1	5:58	8:32	
14	Fri	1:09	6.6	2:46	5.6	7:46	-1.1	7:59	2.0	5:58	8:32	
15	Sat	2:01	6.2	3:29	5.7	8:30	-0.7	8:59	1.9	5:59	8:31	
16	Sun	2:56	5.6	4:12	5.8	9:15	-0.1	10:03	1.8	6:00	8:31	
17	Mon	3:54	5.0	4:57	5.8	10:01	0.5	11:12	1.7	6:00	8:30	
18	Tue	5:01	4.4	5:43	5.8	10:50	1.2			6:01	8:30	
19	Wed	6:20	4.0	6:31	5.8	12:22	1.4	11:45 AM	1.8	6:02	8:29	
20	Thu	7:50	3.8	7:20	5.8	1:31	1.2	12:46	2.3	6:03	8:28	
21	Fri	9:14	4.0	8:08	5.9	2:32	0.9	1:48	2.6	6:03	8:28	
22	Sat	10:18	4.2	8:54	5.9	3:24	0.6	2:46	2.8	6:04	8:27	
23	Sun	11:08	4.4	9:38	6.0	4:09	0.3	3:37	2.9	6:05	8:26	
24	Mon	11:49	4.5	10:19	6.1	4:48	0.1	4:22	2.9	6:06	8:25	
25	Tue			12:24	4.7	5:23	-0.1	5:03	2.8	6:07	8:25	
26	Wed			12:56	4.8	5:55	-0.2	5:41	2.7	6:07	8:24	
27	Thu			1:26	4.9	6:26	-0.2	6:18	2.6	6:08	8:23	
28	Fri	12:15	6.0	1:55	5.0	6:56	-0.2	6:56	2.5	6:09	8:22	
29	Sat	12:53	5.8	2:25	5.2	7:26	-0.1	7:35	2.3	6:10	8:21	
30	Sun	1:34	5.6	2:56	5.3	7:58	0.1	8:19	2.1	6:11	8:20	
31	Mon	2:17	5.3	3:29	5.5	8:32	0.4	9:08	1.9	6:12	8:19	