
































Alcatraz Island, CA - Sep 1995

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:26	4.3	4:59	6.0	10:22	2.4	11:51	0.6	6:39	7:39	
2	Sat	6:53	4.2	6:02	6.0	11:32	2.8			6:40	7:38	
3	Sun	8:15	4.4	7:11	6.1	1:05	0.4	12:54	2.8	6:41	7:36	
4	Mon	9:20	4.7	8:18	6.2	2:12	0.1	2:10	2.7	6:42	7:35	
5	Tue	10:11	5.0	9:21	6.3	3:11	-0.1	3:14	2.3	6:42	7:33	
6	Wed	10:55	5.3	10:19	6.4	4:02	-0.2	4:09	1.9	6:43	7:32	
7	Thu	11:35	5.6	11:13	6.3	4:47	-0.2	5:00	1.5	6:44	7:30	
8	Fri			12:12	5.8	5:30	-0.1	5:48	1.2	6:45	7:29	
9	Sat	12:04	6.1	12:48	5.9	6:10	0.2	6:34	0.9	6:46	7:27	
10	Sun	12:54	5.9	1:23	6.0	6:49	0.6	7:20	0.8	6:47	7:26	
11	Mon	1:44	5.5	1:58	5.9	7:28	1.0	8:05	0.7	6:47	7:24	
12	Tue	2:34	5.2	2:32	5.8	8:08	1.5	8:51	0.8	6:48	7:23	
13	Wed	3:27	4.8	3:09	5.7	8:50	2.0	9:41	0.9	6:49	7:21	
14	Thu	4:27	4.5	3:49	5.5	9:37	2.5	10:37	1.0	6:50	7:19	
15	Fri	5:37	4.2	4:37	5.3	10:34	2.9	11:42	1.1	6:51	7:18	
16	Sat	6:58	4.2	5:34	5.2	11:47	3.1			6:52	7:16	
17	Sun	8:12	4.3	6:37	5.1	12:50	1.1	1:03	3.1	6:53	7:15	
18	Mon	9:07	4.4	7:41	5.1	1:52	1.0	2:07	2.9	6:53	7:13	
19	Tue	9:48	4.6	8:39	5.3	2:44	0.8	2:59	2.6	6:54	7:12	
20	Wed	10:21	4.8	9:31	5.4	3:28	0.7	3:43	2.3	6:55	7:10	
21	Thu	10:50	5.0	10:19	5.5	4:05	0.6	4:21	1.9	6:56	7:09	
22	Fri	11:19	5.3	11:04	5.6	4:39	0.6	4:58	1.5	6:57	7:07	
23	Sat	11:47	5.5	11:50	5.6	5:12	0.7	5:34	1.1	6:58	7:05	
24	Sun			12:17	5.7	5:45	0.8	6:11	0.8	6:59	7:04	
25	Mon	12:36	5.5	12:49	5.9	6:19	1.0	6:51	0.4	6:59	7:02	
26	Tue	1:24	5.4	1:23	6.1	6:55	1.4	7:35	0.2	7:00	7:01	
27	Wed	2:16	5.2	2:00	6.2	7:35	1.7	8:23	0.0	7:01	6:59	
28	Thu	3:13	4.9	2:43	6.2	8:19	2.1	9:16	0.0	7:02	6:58	
29	Fri	4:17	4.7	3:33	6.1	9:10	2.5	10:17	0.0	7:03	6:56	
30	Sat	5:29	4.5	4:33	5.9	10:15	2.8	11:26	0.1	7:04	6:55	