
































Alcatraz Island, CA - Apr 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:57	5.0	10:35	5.2	3:54	1.2	4:01	0.6	5:53	6:32	
2	Tue	10:42	5.0	11:03	5.4	4:29	0.9	4:33	0.7	5:52	6:33	
3	Wed	11:26	5.0	11:33	5.6	5:03	0.5	5:05	0.9	5:50	6:34	
4	Thu			12:12	5.0	5:40	0.1	5:40	1.2	5:49	6:35	
5	Fri	12:05	5.7	1:00	4.9	6:19	-0.2	6:17	1.5	5:47	6:36	
6	Sat	12:39	5.8	1:51	4.7	7:01	-0.4	6:57	1.8	5:46	6:37	
7	Sun	1:18	5.8	3:49	4.5	8:49	-0.4	8:44	2.2	6:44	7:38	
8	Mon	3:02	5.8	4:54	4.3	9:43	-0.4	9:40	2.5	6:43	7:39	
9	Tue	3:55	5.6	6:05	4.3	10:44	-0.3	10:53	2.6	6:41	7:40	
10	Wed	4:58	5.3	7:17	4.4	11:52	-0.2			6:40	7:41	
11	Thu	6:13	5.1	8:19	4.7	12:20	2.6	1:02	-0.1	6:39	7:42	
12	Fri	7:30	5.1	9:11	5.0	1:42	2.2	2:06	-0.1	6:37	7:42	
13	Sat	8:44	5.1	9:55	5.4	2:48	1.7	3:01	0.0	6:36	7:43	
14	Sun	9:49	5.1	10:35	5.6	3:45	1.1	3:51	0.2	6:34	7:44	
15	Mon	10:49	5.2	11:13	5.9	4:35	0.5	4:36	0.4	6:33	7:45	
16	Tue	11:44	5.1	11:48	6.0	5:21	0.1	5:19	0.7	6:31	7:46	
17	Wed			12:36	5.1	6:04	-0.3	6:00	1.1	6:30	7:47	
18	Thu	12:23	6.0	1:27	4.9	6:46	-0.4	6:41	1.4	6:29	7:48	
19	Fri	12:57	5.9	2:16	4.8	7:26	-0.5	7:23	1.8	6:27	7:49	
20	Sat	1:31	5.8	3:06	4.6	8:07	-0.5	8:06	2.2	6:26	7:50	
21	Sun	2:07	5.6	3:58	4.4	8:49	-0.3	8:52	2.5	6:25	7:51	
22	Mon	2:44	5.3	4:54	4.3	9:34	-0.1	9:47	2.7	6:23	7:52	
23	Tue	3:27	5.0	5:55	4.2	10:24	0.2	10:55	2.9	6:22	7:53	
24	Wed	4:18	4.6	6:56	4.2	11:20	0.4			6:21	7:54	
25	Thu	5:19	4.4	7:50	4.3	12:12	2.8	12:20	0.6	6:20	7:54	
26	Fri	6:30	4.2	8:33	4.5	1:23	2.6	1:18	0.7	6:18	7:55	
27	Sat	7:41	4.1	9:10	4.8	2:21	2.2	2:09	0.8	6:17	7:56	
28	Sun	8:47	4.2	9:42	5.0	3:09	1.7	2:54	0.9	6:16	7:57	
29	Mon	9:46	4.3	10:13	5.3	3:50	1.2	3:35	1.0	6:15	7:58	
30	Tue	10:39	4.4	10:44	5.5	4:28	0.7	4:13	1.1	6:14	7:59	