






























Alcatraz Island, CA - Jun 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			1:04	4.7	6:02	-1.2	5:44	2.3	5:48	8:26	
2	Sun			1:54	4.9	6:46	-1.5	6:34	2.4	5:48	8:26	
3	Mon	12:45	6.6	2:44	5.0	7:33	-1.6	7:28	2.4	5:48	8:27	
4	Tue	1:34	6.4	3:35	5.1	8:21	-1.5	8:27	2.5	5:47	8:28	
5	Wed	2:27	6.1	4:26	5.2	9:11	-1.2	9:33	2.4	5:47	8:28	
6	Thu	3:26	5.6	5:19	5.3	10:04	-0.8	10:49	2.2	5:47	8:29	
7	Fri	4:31	5.1	6:12	5.5	11:00	-0.3			5:47	8:29	
8	Sat	5:46	4.6	7:05	5.7	12:09	1.9	11:58 AM	0.2	5:47	8:30	
9	Sun	7:09	4.2	7:54	5.9	1:24	1.4	12:57	0.8	5:47	8:30	
10	Mon	8:32	4.1	8:41	6.1	2:30	0.9	1:54	1.2	5:46	8:31	
11	Tue	9:47	4.2	9:24	6.2	3:26	0.3	2:49	1.6	5:46	8:31	
12	Wed	10:51	4.3	10:05	6.3	4:15	-0.1	3:40	2.0	5:46	8:32	
13	Thu	11:47	4.5	10:43	6.2	4:59	-0.4	4:27	2.3	5:46	8:32	
14	Fri			12:36	4.6	5:38	-0.5	5:12	2.5	5:46	8:33	
15	Sat			1:20	4.7	6:15	-0.6	5:56	2.7	5:46	8:33	
16	Sun			2:01	4.7	6:50	-0.6	6:37	2.8	5:47	8:33	
17	Mon	12:30	5.9	2:39	4.7	7:24	-0.6	7:19	2.8	5:47	8:34	
18	Tue	1:05	5.7	3:15	4.7	7:57	-0.5	8:02	2.8	5:47	8:34	
19	Wed	1:42	5.5	3:51	4.7	8:32	-0.3	8:48	2.8	5:47	8:34	
20	Thu	2:21	5.2	4:27	4.8	9:07	-0.1	9:39	2.8	5:47	8:35	
21	Fri	3:05	4.8	5:04	4.9	9:45	0.2	10:38	2.7	5:47	8:35	
22	Sat	3:55	4.4	5:44	5.0	10:26	0.6	11:44	2.4	5:48	8:35	
23	Sun	4:56	4.0	6:25	5.2	11:11	0.9			5:48	8:35	
24	Mon	6:12	3.7	7:07	5.4	12:49	2.0	12:02	1.3	5:48	8:35	
25	Tue	7:38	3.7	7:50	5.7	1:48	1.5	12:57	1.7	5:49	8:35	
26	Wed	9:00	3.8	8:34	6.0	2:40	0.9	1:53	2.0	5:49	8:35	
27	Thu	10:09	4.0	9:18	6.4	3:27	0.3	2:48	2.3	5:49	8:35	
28	Fri	11:09	4.3	10:04	6.6	4:13	-0.4	3:41	2.4	5:50	8:35	
29	Sat			12:01	4.6	4:58	-0.9	4:33	2.5	5:50	8:35	
30	Sun			12:50	4.9	5:44	-1.3	5:26	2.5	5:51	8:35	