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# 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 | |