

Alcatraz Island, CA - Jul 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			1:37	5.1	6:30	-1.5	6:20	2.4	5:51	8:35	
2	Tue	12:31	6.9	2:23	5.3	7:17	-1.5	7:16	2.3	5:52	8:35	
3	Wed	1:23	6.6	3:08	5.5	8:03	-1.3	8:15	2.2	5:52	8:35	
4	Thu	2:18	6.2	3:55	5.6	8:51	-0.9	9:20	2.0	5:53	8:35	
5	Fri	3:16	5.7	4:42	5.8	9:40	-0.4	10:30	1.8	5:53	8:35	
6	Sat	4:20	5.0	5:32	5.9	10:31	0.2	11:46	1.6	5:54	8:34	
7	Sun	5:34	4.5	6:23	6.0	11:26	0.9			5:54	8:34	
8	Mon	6:58	4.1	7:14	6.1	1:00	1.2	12:25	1.5	5:55	8:34	
9	Tue	8:26	4.0	8:05	6.2	2:08	0.8	1:26	1.9	5:55	8:33	
10	Wed	9:43	4.2	8:52	6.2	3:07	0.4	2:26	2.3	5:56	8:33	
11	Thu	10:46	4.4	9:37	6.2	3:58	0.1	3:22	2.5	5:57	8:33	
12	Fri	11:37	4.6	10:18	6.2	4:42	-0.1	4:12	2.7	5:57	8:32	
13	Sat			12:21	4.7	5:21	-0.3	4:57	2.7	5:58	8:32	
14	Sun			1:00	4.8	5:56	-0.3	5:39	2.8	5:59	8:31	
15	Mon			1:35	4.8	6:29	-0.3	6:19	2.7	6:00	8:31	
16	Tue	12:11	6.0	2:06	4.9	7:01	-0.3	6:57	2.7	6:00	8:30	
17	Wed	12:47	5.8	2:36	4.9	7:31	-0.2	7:35	2.6	6:01	8:30	
18	Thu	1:24	5.6	3:06	5.0	8:02	0.0	8:16	2.5	6:02	8:29	
19	Fri	2:02	5.3	3:37	5.1	8:33	0.2	9:00	2.4	6:03	8:28	
20	Sat	2:44	5.0	4:11	5.2	9:07	0.5	9:51	2.3	6:03	8:28	
21	Sun	3:31	4.6	4:47	5.3	9:43	0.9	10:48	2.1	6:04	8:27	
22	Mon	4:30	4.2	5:28	5.5	10:25	1.4	11:53	1.8	6:05	8:26	
23	Tue	5:46	3.9	6:14	5.7	11:15	1.8			6:06	8:26	
24	Wed	7:17	3.8	7:03	5.9	1:00	1.4	12:14	2.2	6:06	8:25	
25	Thu	8:44	3.9	7:56	6.2	2:02	0.8	1:19	2.5	6:07	8:24	
26	Fri	9:55	4.2	8:49	6.5	2:58	0.2	2:23	2.6	6:08	8:23	
27	Sat	10:52	4.5	9:43	6.8	3:49	-0.3	3:23	2.6	6:09	8:22	
28	Sun	11:40	4.9	10:36	7.0	4:38	-0.8	4:20	2.5	6:10	8:22	
29	Mon			12:25	5.2	5:25	-1.1	5:14	2.2	6:11	8:21	
30	Tue			1:08	5.4	6:11	-1.2	6:08	2.0	6:11	8:20	
31	Wed	12:22	6.9	1:50	5.7	6:56	-1.1	7:03	1.8	6:12	8:19	