US HARBORS www.USHarbors.com

Alcatraz Island, CA - Sep 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:00	5.4	3:15	6.1	8:42	1.1	9:32	0.7	6:40	7:38	
2	Mon	4:02	4.9	4:00	6.0	9:31	1.7	10:34	0.8	6:41	7:37	
3	Tue	5:12	4.6	4:50	5.8	10:28	2.2	11:42	0.9	6:41	7:35	
4	Wed	6:34	4.4	5:46	5.6	11:36	2.7			6:42	7:34	
5	Thu	7:57	4.4	6:47	5.5	12:53	0.9	12:51	2.9	6:43	7:32	
6	Fri	9:05	4.5	7:49	5.4	1:59	0.8	2:00	2.8	6:44	7:31	
7	Sat	9:56	4.7	8:45	5.5	2:55	0.7	2:57	2.7	6:45	7:29	
8	Sun	10:37	4.9	9:36	5.6	3:41	0.6	3:45	2.5	6:46	7:28	
9	Mon	11:10	5.0	10:21	5.6	4:21	0.5	4:26	2.2	6:46	7:26	
10	Tue	11:39	5.1	11:02	5.6	4:55	0.5	5:04	2.0	6:47	7:25	
11	Wed			12:06	5.2	5:26	0.6	5:38	1.7	6:48	7:23	
12	Thu			12:32	5.3	5:56	0.7	6:11	1.5	6:49	7:21	
13	Fri	12:22	5.5	12:59	5.4	6:24	0.8	6:45	1.3	6:50	7:20	
14	Sat	1:02	5.3	1:27	5.6	6:54	1.1	7:21	1.1	6:51	7:18	
15	Sun	1:44	5.2	1:57	5.7	7:25	1.4	8:00	0.9	6:52	7:17	
16	Mon	2:30	4.9	2:30	5.7	8:00	1.7	8:43	0.8	6:52	7:15	
17	Tue	3:22	4.7	3:08	5.7	8:39	2.1	9:34	0.7	6:53	7:14	
18	Wed	4:24	4.4	3:54	5.7	9:25	2.5	10:34	0.6	6:54	7:12	
19	Thu	5:39	4.3	4:50	5.7	10:25	2.8	11:42	0.5	6:55	7:11	
20	Fri	6:59	4.3	5:57	5.6	11:42	2.9			6:56	7:09	
21	Sat	8:11	4.5	7:08	5.7	12:54	0.4	1:05	2.8	6:57	7:07	
22	Sun	9:08	4.8	8:18	5.8	2:00	0.2	2:16	2.5	6:57	7:06	
23	Mon	9:55	5.2	9:23	6.0	2:57	0.0	3:16	2.0	6:58	7:04	
24	Tue	10:37	5.5	10:22	6.1	3:48	-0.1	4:10	1.4	6:59	7:03	
25	Wed	11:17	5.8	11:18	6.1	4:35	0.0	5:00	0.9	7:00	7:01	
26	Thu	11:55	6.1			5:19	0.2	5:48	0.5	7:01	7:00	
27	Fri	12:13	6.0	12:33	6.2	6:02	0.5	6:35	0.2	7:02	6:58	
28	Sat	1:06	5.8	1:11	6.3	6:44	0.9	7:22	0.0	7:03	6:57	
29	Sun	2:00	5.5	1:49	6.2	7:28	1.4	8:10	0.0	7:04	6:55	
30	Mon	2:55	5.2	2:29	6.0	8:13	1.9	9:00	0.2	7:04	6:53	