

































Alcatraz Island, CA - May 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:26	4.7	8:53	5.2	1:42	2.1	1:48	0.0	6:13	8:00	
2	Fri	8:41	4.7	9:36	5.6	2:45	1.4	2:44	0.2	6:12	8:01	
3	Sat	9:50	4.8	10:17	5.9	3:40	0.7	3:35	0.4	6:10	8:02	
4	Sun	10:53	4.9	10:56	6.2	4:30	0.1	4:23	0.7	6:09	8:02	
5	Mon	11:51	5.0	11:35	6.3	5:18	-0.5	5:09	1.0	6:08	8:03	
6	Tue			12:47	5.0	6:03	-0.8	5:55	1.4	6:07	8:04	
7	Wed	12:14	6.3	1:41	5.0	6:48	-1.0	6:41	1.8	6:06	8:05	
8	Thu	12:53	6.2	2:34	4.9	7:32	-1.0	7:29	2.1	6:05	8:06	
9	Fri	1:33	6.0	3:27	4.8	8:17	-0.9	8:20	2.4	6:04	8:07	
10	Sat	2:14	5.7	4:22	4.7	9:03	-0.7	9:16	2.6	6:03	8:08	
11	Sun	2:58	5.3	5:18	4.6	9:51	-0.4	10:21	2.8	6:02	8:09	
12	Mon	3:47	4.9	6:15	4.6	10:43	0.0	11:35	2.7	6:01	8:10	
13	Tue	4:44	4.5	7:10	4.6	11:39	0.3			6:00	8:11	
14	Wed	5:51	4.1	7:57	4.7	12:48	2.5	12:36	0.6	6:00	8:11	
15	Thu	7:04	3.9	8:37	4.9	1:52	2.2	1:30	0.8	5:59	8:12	
16	Fri	8:17	3.9	9:11	5.1	2:45	1.7	2:19	1.0	5:58	8:13	
17	Sat	9:22	3.9	9:42	5.3	3:31	1.3	3:02	1.3	5:57	8:14	
18	Sun	10:19	4.1	10:13	5.5	4:10	0.8	3:42	1.5	5:56	8:15	
19	Mon	11:10	4.2	10:44	5.7	4:46	0.4	4:20	1.7	5:56	8:16	
20	Tue	11:58	4.3	11:16	5.9	5:20	0.0	4:57	1.9	5:55	8:17	
21	Wed			12:45	4.5	5:55	-0.4	5:35	2.1	5:54	8:17	
22	Thu			1:31	4.6	6:31	-0.7	6:14	2.3	5:53	8:18	
23	Fri	12:26	6.1	2:17	4.6	7:09	-1.0	6:56	2.5	5:53	8:19	
24	Sat	1:05	6.0	3:05	4.7	7:50	-1.1	7:43	2.6	5:52	8:20	
25	Sun	1:48	5.9	3:55	4.7	8:35	-1.1	8:37	2.7	5:52	8:21	
26	Mon	2:36	5.7	4:48	4.8	9:24	-0.9	9:41	2.7	5:51	8:21	
27	Tue	3:32	5.4	5:41	4.9	10:17	-0.7	10:56	2.6	5:51	8:22	
28	Wed	4:37	5.0	6:35	5.1	11:14	-0.3			5:50	8:23	
29	Thu	5:53	4.6	7:26	5.4	12:18	2.2	12:14	0.1	5:50	8:24	
30	Fri	7:16	4.3	8:15	5.7	1:32	1.6	1:14	0.4	5:49	8:24	
31	Sat	8:37	4.3	9:00	6.0	2:36	1.0	2:11	0.8	5:49	8:25	