































Alcatraz Island, CA - Jun 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:50	4.4	9:43	6.3	3:32	0.3	3:05	1.2	5:48	8:26	
2	Mon	10:56	4.5	10:25	6.5	4:22	-0.3	3:56	1.6	5:48	8:26	
3	Tue	11:54	4.7	11:05	6.5	5:08	-0.7	4:45	1.9	5:48	8:27	
4	Wed			12:48	4.8	5:52	-0.9	5:33	2.2	5:48	8:28	
5	Thu			1:38	4.9	6:35	-1.1	6:21	2.4	5:47	8:28	
6	Fri	12:25	6.3	2:26	4.9	7:16	-1.0	7:09	2.6	5:47	8:29	
7	Sat	1:05	6.0	3:12	4.9	7:56	-0.9	7:59	2.7	5:47	8:29	
8	Sun	1:45	5.7	3:57	4.8	8:36	-0.7	8:51	2.8	5:47	8:30	
9	Mon	2:26	5.3	4:41	4.8	9:17	-0.4	9:48	2.8	5:47	8:30	
10	Tue	3:11	4.9	5:26	4.8	10:00	0.0	10:53	2.7	5:47	8:31	
11	Wed	4:01	4.5	6:09	4.8	10:45	0.4			5:46	8:31	
12	Thu	5:01	4.1	6:51	5.0	12:02	2.5	11:34 AM	0.8	5:46	8:32	
13	Fri	6:14	3.8	7:32	5.1	1:07	2.2	12:25	1.1	5:46	8:32	
14	Sat	7:34	3.6	8:10	5.4	2:05	1.8	1:16	1.5	5:46	8:33	
15	Sun	8:51	3.7	8:47	5.6	2:54	1.3	2:06	1.8	5:46	8:33	
16	Mon	9:58	3.8	9:24	5.8	3:37	0.8	2:53	2.0	5:47	8:33	
17	Tue	10:55	4.1	10:01	6.1	4:16	0.3	3:38	2.3	5:47	8:34	
18	Wed	11:46	4.3	10:40	6.3	4:54	-0.2	4:22	2.4	5:47	8:34	
19	Thu			12:33	4.5	5:32	-0.6	5:06	2.5	5:47	8:34	
20	Fri			1:18	4.7	6:11	-1.0	5:51	2.6	5:47	8:34	
21	Sat	12:02	6.5	2:03	4.9	6:52	-1.2	6:39	2.6	5:47	8:35	
22	Sun	12:47	6.5	2:47	5.0	7:35	-1.3	7:31	2.6	5:48	8:35	
23	Mon	1:35	6.3	3:32	5.2	8:19	-1.2	8:27	2.5	5:48	8:35	
24	Tue	2:26	6.0	4:19	5.3	9:06	-0.9	9:31	2.4	5:48	8:35	
25	Wed	3:24	5.5	5:07	5.5	9:56	-0.5	10:43	2.2	5:48	8:35	
26	Thu	4:29	5.0	5:57	5.7	10:48	0.0			5:49	8:35	
27	Fri	5:45	4.5	6:48	5.9	12:01	1.8	11:44 AM	0.6	5:49	8:35	
28	Sat	7:10	4.2	7:38	6.1	1:16	1.3	12:44	1.1	5:50	8:35	
29	Sun	8:36	4.1	8:28	6.4	2:22	0.7	1:44	1.6	5:50	8:35	
30	Mon	9:53	4.3	9:15	6.5	3:21	0.2	2:43	2.0	5:50	8:35	