






























Alcatraz Island, CA - Jun 1998

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:10	4.4	7:14	5.0	12:00	2.5	11:52 AM	0.3	5:49	8:25	
2	Tue	6:23	4.0	7:59	5.2	1:11	2.2	12:47	0.7	5:48	8:26	
3	Wed	7:40	3.8	8:38	5.3	2:12	1.8	1:40	1.1	5:48	8:27	
4	Thu	8:54	3.8	9:12	5.4	3:04	1.3	2:28	1.4	5:48	8:27	
5	Fri	9:59	3.9	9:44	5.6	3:48	0.9	3:12	1.7	5:47	8:28	
6	Sat	10:55	4.0	10:15	5.7	4:27	0.5	3:53	2.0	5:47	8:29	
7	Sun	11:44	4.2	10:47	5.9	5:03	0.1	4:31	2.2	5:47	8:29	
8	Mon			12:29	4.3	5:37	-0.2	5:09	2.5	5:47	8:30	
9	Tue			1:12	4.4	6:10	-0.5	5:46	2.6	5:47	8:30	
10	Wed			1:53	4.5	6:44	-0.7	6:25	2.8	5:47	8:31	
11	Thu	12:29	6.0	2:35	4.6	7:19	-0.8	7:06	2.8	5:46	8:31	
12	Fri	1:07	5.9	3:17	4.7	7:57	-0.9	7:51	2.9	5:46	8:32	
13	Sat	1:49	5.8	4:01	4.8	8:39	-0.9	8:43	2.9	5:46	8:32	
14	Sun	2:35	5.5	4:47	4.9	9:23	-0.7	9:44	2.8	5:46	8:32	
15	Mon	3:28	5.2	5:34	5.1	10:12	-0.4	10:56	2.6	5:46	8:33	
16	Tue	4:31	4.8	6:22	5.3	11:04	-0.1			5:47	8:33	
17	Wed	5:48	4.4	7:09	5.6	12:12	2.2	12:00	0.4	5:47	8:34	
18	Thu	7:13	4.2	7:56	5.9	1:25	1.6	12:58	0.8	5:47	8:34	
19	Fri	8:38	4.1	8:42	6.3	2:28	0.9	1:56	1.2	5:47	8:34	
20	Sat	9:54	4.3	9:28	6.6	3:24	0.2	2:53	1.6	5:47	8:34	
21	Sun	11:01	4.5	10:13	6.8	4:16	-0.5	3:47	1.9	5:47	8:35	
22	Mon			12:00	4.8	5:04	-0.9	4:40	2.2	5:48	8:35	
23	Tue			12:53	5.0	5:51	-1.2	5:33	2.4	5:48	8:35	
24	Wed			1:44	5.1	6:36	-1.3	6:25	2.5	5:48	8:35	
25	Thu	12:29	6.6	2:31	5.1	7:21	-1.2	7:17	2.6	5:48	8:35	
26	Fri	1:14	6.3	3:18	5.2	8:04	-1.0	8:11	2.7	5:49	8:35	
27	Sat	1:59	5.9	4:02	5.2	8:47	-0.7	9:08	2.7	5:49	8:35	
28	Sun	2:46	5.4	4:47	5.1	9:30	-0.3	10:10	2.6	5:50	8:35	
29	Mon	3:35	4.9	5:31	5.1	10:14	0.2	11:16	2.5	5:50	8:35	
30	Tue	4:32	4.4	6:14	5.2	11:01	0.7			5:50	8:35	