





























## Alcatraz Island, CA - Sep 1999

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:35	4.6	4:37	6.0	9:59	1.8	11:11	0.8	6:39	7:39	
2	Thu	5:58	4.4	5:32	6.0	10:59	2.3			6:40	7:38	
3	Fri	7:28	4.3	6:35	6.1	12:26	0.6	12:13	2.7	6:41	7:36	
4	Sat	8:49	4.5	7:40	6.2	1:40	0.3	1:30	2.8	6:42	7:35	
5	Sun	9:51	4.8	8:44	6.3	2:45	0.0	2:40	2.7	6:42	7:33	
6	Mon	10:42	5.1	9:43	6.4	3:41	-0.2	3:40	2.4	6:43	7:32	
7	Tue	11:25	5.4	10:37	6.4	4:30	-0.4	4:33	2.1	6:44	7:30	
8	Wed			12:04	5.5	5:14	-0.3	5:21	1.8	6:45	7:29	
9	Thu			12:41	5.6	5:54	-0.2	6:06	1.5	6:46	7:27	
10	Fri	12:16	6.1	1:15	5.6	6:32	0.1	6:50	1.4	6:47	7:26	
11	Sat	1:02	5.8	1:48	5.6	7:09	0.5	7:32	1.2	6:48	7:24	
12	Sun	1:48	5.5	2:19	5.6	7:45	0.9	8:15	1.2	6:48	7:23	
13	Mon	2:35	5.1	2:51	5.5	8:21	1.4	9:00	1.1	6:49	7:21	
14	Tue	3:25	4.7	3:24	5.4	9:00	1.9	9:48	1.2	6:50	7:19	
15	Wed	4:24	4.4	4:02	5.3	9:43	2.4	10:44	1.2	6:51	7:18	
16	Thu	5:35	4.1	4:47	5.2	10:38	2.9	11:48	1.2	6:52	7:16	
17	Fri	7:01	4.1	5:42	5.1	11:51	3.1			6:53	7:15	
18	Sat	8:22	4.2	6:45	5.1	12:55	1.1	1:10	3.2	6:53	7:13	
19	Sun	9:19	4.4	7:47	5.2	1:57	0.9	2:15	3.1	6:54	7:12	
20	Mon	10:00	4.6	8:44	5.4	2:50	0.7	3:05	2.8	6:55	7:10	
21	Tue	10:34	4.8	9:36	5.6	3:34	0.5	3:47	2.5	6:56	7:09	
22	Wed	11:05	5.0	10:24	5.7	4:13	0.3	4:26	2.1	6:57	7:07	
23	Thu	11:35	5.3	11:10	5.8	4:50	0.2	5:03	1.7	6:58	7:05	
24	Fri			12:06	5.5	5:25	0.2	5:41	1.3	6:59	7:04	
25	Sat			12:37	5.7	6:01	0.3	6:22	0.9	6:59	7:02	
26	Sun	12:46	5.8	1:10	5.9	6:39	0.6	7:06	0.5	7:00	7:01	
27	Mon	1:37	5.6	1:46	6.1	7:18	1.0	7:53	0.2	7:01	6:59	
28	Tue	2:32	5.3	2:25	6.2	8:00	1.4	8:45	0.1	7:02	6:58	
29	Wed	3:34	5.0	3:09	6.1	8:47	2.0	9:43	0.1	7:03	6:56	
30	Thu	4:44	4.7	4:01	6.0	9:42	2.5	10:49	0.1	7:04	6:55	