
































Alcatraz Island, CA - Apr 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:12	5.1	10:23	4.9	3:23	1.9	3:37	0.1	5:53	6:32	
2	Sun	10:59	5.2	11:51	5.2	4:59	1.5	5:11	0.1	6:52	7:33	
3	Mon	11:45	5.3			5:34	1.1	5:45	0.2	6:50	7:34	
4	Tue	12:19	5.4	12:32	5.2	6:11	0.6	6:20	0.5	6:49	7:35	
5	Wed	12:49	5.6	1:21	5.1	6:50	0.2	6:56	0.9	6:47	7:36	
6	Thu	1:21	5.8	2:13	5.0	7:33	-0.2	7:34	1.3	6:46	7:37	
7	Fri	1:56	5.9	3:11	4.7	8:19	-0.4	8:17	1.8	6:44	7:38	
8	Sat	2:35	5.9	4:16	4.5	9:11	-0.5	9:06	2.3	6:43	7:39	
9	Sun	3:21	5.8	5:30	4.3	10:10	-0.5	10:08	2.7	6:41	7:40	
10	Mon	4:16	5.6	6:51	4.3	11:18	-0.4	11:29	2.9	6:40	7:41	
11	Tue	5:23	5.4	8:04	4.5			12:31	-0.3	6:38	7:42	
12	Wed	6:40	5.2	9:02	4.8	12:59	2.8	1:42	-0.3	6:37	7:43	
13	Thu	7:57	5.2	9:50	5.1	2:16	2.4	2:43	-0.3	6:36	7:43	
14	Fri	9:07	5.2	10:30	5.4	3:18	1.9	3:35	-0.2	6:34	7:44	
15	Sat	10:09	5.2	11:07	5.5	4:10	1.3	4:21	0.0	6:33	7:45	
16	Sun	11:05	5.2	11:41	5.7	4:57	0.8	5:02	0.3	6:31	7:46	
17	Mon	11:57	5.1			5:40	0.4	5:40	0.6	6:30	7:47	
18	Tue	12:12	5.7	12:47	4.9	6:21	0.1	6:17	1.0	6:29	7:48	
19	Wed	12:42	5.7	1:35	4.8	7:00	-0.2	6:54	1.5	6:27	7:49	
20	Thu	1:11	5.7	2:24	4.6	7:38	-0.3	7:30	1.9	6:26	7:50	
21	Fri	1:40	5.6	3:14	4.4	8:16	-0.3	8:09	2.4	6:25	7:51	
22	Sat	2:10	5.4	4:07	4.2	8:56	-0.2	8:52	2.7	6:23	7:52	
23	Sun	2:45	5.2	5:07	4.1	9:40	0.0	9:44	3.0	6:22	7:53	
24	Mon	3:25	4.9	6:15	4.1	10:31	0.2	10:55	3.2	6:21	7:54	
25	Tue	4:16	4.7	7:22	4.1	11:29	0.3			6:20	7:54	
26	Wed	5:19	4.4	8:16	4.3	12:21	3.1	12:31	0.4	6:18	7:55	
27	Thu	6:31	4.3	8:56	4.5	1:34	2.9	1:30	0.4	6:17	7:56	
28	Fri	7:43	4.3	9:30	4.7	2:30	2.5	2:21	0.4	6:16	7:57	
29	Sat	8:48	4.4	10:00	5.0	3:16	2.0	3:06	0.4	6:15	7:58	
30	Sun	9:47	4.5	10:29	5.3	3:55	1.5	3:47	0.5	6:14	7:59	