
































Alcatraz Island, CA - Jun 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:27	4.7	5:32	-0.9	5:13	2.0	5:48	8:26	
2	Fri			1:23	4.9	6:17	-1.4	6:01	2.3	5:48	8:26	
3	Sat	12:12	6.8	2:18	4.9	7:04	-1.6	6:52	2.5	5:48	8:27	
4	Sun	12:59	6.7	3:13	5.0	7:54	-1.7	7:47	2.7	5:47	8:28	
5	Mon	1:49	6.5	4:08	5.0	8:46	-1.6	8:50	2.8	5:47	8:28	
6	Tue	2:44	6.1	5:04	5.1	9:40	-1.3	10:02	2.8	5:47	8:29	
7	Wed	3:44	5.6	6:00	5.2	10:37	-0.8	11:23	2.6	5:47	8:29	
8	Thu	4:52	5.0	6:54	5.4	11:35	-0.3			5:47	8:30	
9	Fri	6:09	4.5	7:44	5.6	12:43	2.2	12:34	0.2	5:47	8:30	
10	Sat	7:31	4.2	8:30	5.8	1:55	1.6	1:30	0.7	5:46	8:31	
11	Sun	8:52	4.1	9:11	6.0	2:56	1.0	2:23	1.2	5:46	8:31	
12	Mon	10:04	4.1	9:48	6.1	3:48	0.5	3:12	1.6	5:46	8:32	
13	Tue	11:07	4.2	10:23	6.1	4:33	0.1	3:58	2.0	5:46	8:32	
14	Wed			12:02	4.4	5:13	-0.2	4:40	2.4	5:46	8:33	
15	Thu			12:50	4.5	5:50	-0.4	5:22	2.7	5:46	8:33	
16	Fri			1:35	4.5	6:24	-0.6	6:01	2.9	5:47	8:33	
17	Sat			2:16	4.6	6:58	-0.6	6:40	3.0	5:47	8:34	
18	Sun	12:32	5.9	2:54	4.6	7:32	-0.6	7:20	3.1	5:47	8:34	
19	Mon	1:07	5.7	3:32	4.6	8:06	-0.6	8:01	3.2	5:47	8:34	
20	Tue	1:43	5.5	4:10	4.6	8:42	-0.4	8:47	3.2	5:47	8:35	
21	Wed	2:23	5.3	4:48	4.7	9:20	-0.3	9:41	3.1	5:47	8:35	
22	Thu	3:07	4.9	5:28	4.8	10:01	0.0	10:44	3.0	5:48	8:35	
23	Fri	3:59	4.6	6:09	4.9	10:45	0.3	11:53	2.7	5:48	8:35	
24	Sat	5:03	4.2	6:49	5.2	11:33	0.6			5:48	8:35	
25	Sun	6:21	3.9	7:29	5.5	1:00	2.2	12:25	1.0	5:49	8:35	
26	Mon	7:48	3.8	8:09	5.8	1:59	1.6	1:18	1.4	5:49	8:35	
27	Tue	9:11	3.9	8:50	6.2	2:51	0.9	2:12	1.8	5:49	8:35	
28	Wed	10:23	4.2	9:33	6.5	3:40	0.1	3:05	2.1	5:50	8:35	
29	Thu	11:26	4.5	10:18	6.8	4:27	-0.6	3:58	2.4	5:50	8:35	
30	Fri			12:22	4.8	5:15	-1.1	4:50	2.6	5:51	8:35	