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# 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 | |