



Alcatraz Island, CA - Sep 2000

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|-----|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 2:14 | 5.8 | 2:58 | 5.8 | 8:18 | 0.5 | 8:54 | 1.1 | 6:40 | 7:38 | ☀ |
| 2 | Sat | 3:10 | 5.2 | 3:37 | 5.8 | 9:01 | 1.2 | 9:50 | 1.1 | 6:41 | 7:37 | ☾ |
| 3 | Sun | 4:12 | 4.7 | 4:18 | 5.7 | 9:47 | 1.8 | 10:52 | 1.1 | 6:41 | 7:35 | ☾ |
| 4 | Mon | 5:25 | 4.3 | 5:04 | 5.5 | 10:41 | 2.4 | 11:59 | 1.1 | 6:42 | 7:34 | ☾ |
| 5 | Tue | 6:54 | 4.2 | 5:57 | 5.4 | 11:49 | 2.9 | | | 6:43 | 7:32 | ☾ |
| 6 | Wed | 8:23 | 4.3 | 6:55 | 5.4 | 1:08 | 1.0 | 1:05 | 3.1 | 6:44 | 7:31 | ☾ |
| 7 | Thu | 9:30 | 4.5 | 7:54 | 5.4 | 2:11 | 0.8 | 2:14 | 3.1 | 6:45 | 7:29 | ☾ |
| 8 | Fri | 10:18 | 4.7 | 8:49 | 5.5 | 3:05 | 0.6 | 3:09 | 3.0 | 6:46 | 7:28 | ☾ |
| 9 | Sat | 10:56 | 4.8 | 9:38 | 5.6 | 3:50 | 0.4 | 3:55 | 2.8 | 6:46 | 7:26 | ☾ |
| 10 | Sun | 11:27 | 4.9 | 10:22 | 5.7 | 4:29 | 0.3 | 4:34 | 2.5 | 6:47 | 7:24 | ☾ |
| 11 | Mon | 11:55 | 5.0 | 11:04 | 5.8 | 5:04 | 0.2 | 5:09 | 2.3 | 6:48 | 7:23 | ☾ |
| 12 | Tue | | | 12:21 | 5.1 | 5:36 | 0.2 | 5:43 | 2.0 | 6:49 | 7:21 | ☾ |
| 13 | Wed | | | 12:47 | 5.2 | 6:06 | 0.3 | 6:16 | 1.7 | 6:50 | 7:20 | ☾ |
| 14 | Thu | 12:25 | 5.7 | 1:15 | 5.4 | 6:36 | 0.4 | 6:51 | 1.5 | 6:51 | 7:18 | ☾ |
| 15 | Fri | 1:07 | 5.5 | 1:43 | 5.5 | 7:08 | 0.7 | 7:30 | 1.2 | 6:52 | 7:17 | ☾ |
| 16 | Sat | 1:52 | 5.3 | 2:14 | 5.7 | 7:41 | 1.1 | 8:12 | 1.0 | 6:52 | 7:15 | ☾ |
| 17 | Sun | 2:42 | 5.0 | 2:47 | 5.8 | 8:17 | 1.5 | 9:00 | 0.8 | 6:53 | 7:14 | ☾ |
| 18 | Mon | 3:40 | 4.7 | 3:26 | 5.8 | 8:58 | 2.0 | 9:56 | 0.6 | 6:54 | 7:12 | ☾ |
| 19 | Tue | 4:51 | 4.4 | 4:13 | 5.8 | 9:48 | 2.5 | 11:01 | 0.5 | 6:55 | 7:10 | ☾ |
| 20 | Wed | 6:16 | 4.3 | 5:11 | 5.8 | 10:53 | 2.9 | | | 6:56 | 7:09 | ☾ |
| 21 | Thu | 7:43 | 4.4 | 6:20 | 5.8 | 12:15 | 0.4 | 12:14 | 3.1 | 6:57 | 7:07 | ☾ |
| 22 | Fri | 8:53 | 4.7 | 7:32 | 5.9 | 1:28 | 0.1 | 1:36 | 3.0 | 6:57 | 7:06 | ☾ |
| 23 | Sat | 9:47 | 5.0 | 8:40 | 6.0 | 2:33 | -0.1 | 2:44 | 2.6 | 6:58 | 7:04 | ☾ |
| 24 | Sun | 10:31 | 5.3 | 9:43 | 6.2 | 3:29 | -0.3 | 3:42 | 2.2 | 6:59 | 7:03 | ☾ |
| 25 | Mon | 11:11 | 5.5 | 10:40 | 6.2 | 4:18 | -0.3 | 4:33 | 1.7 | 7:00 | 7:01 | ☾ |
| 26 | Tue | 11:48 | 5.7 | 11:34 | 6.1 | 5:02 | -0.2 | 5:22 | 1.2 | 7:01 | 7:00 | ☾ |
| 27 | Wed | | | 12:24 | 5.9 | 5:44 | 0.0 | 6:08 | 0.8 | 7:02 | 6:58 | ☾ |
| 28 | Thu | 12:26 | 5.9 | 12:59 | 6.0 | 6:24 | 0.4 | 6:54 | 0.5 | 7:03 | 6:56 | ☾ |
| 29 | Fri | 1:18 | 5.6 | 1:33 | 6.0 | 7:04 | 0.9 | 7:39 | 0.4 | 7:04 | 6:55 | ☾ |
| 30 | Sat | 2:10 | 5.3 | 2:07 | 5.9 | 7:44 | 1.5 | 8:25 | 0.4 | 7:04 | 6:53 | ☾ |