
































Alcatraz Island, CA - Apr 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:29	5.4	8:30	4.3			12:45	-0.1	6:54	7:32	
2	Mon	6:45	5.3	9:25	4.6	12:58	3.1	1:56	-0.3	6:52	7:33	
3	Tue	8:01	5.4	10:09	4.9	2:16	2.7	2:57	-0.5	6:51	7:34	
4	Wed	9:11	5.6	10:48	5.2	3:18	2.1	3:49	-0.6	6:49	7:35	
5	Thu	10:13	5.7	11:24	5.5	4:12	1.5	4:36	-0.5	6:48	7:36	
6	Fri	11:11	5.7	11:59	5.7	5:02	0.9	5:19	-0.3	6:46	7:37	
7	Sat			12:07	5.6	5:49	0.3	6:00	0.1	6:45	7:38	
8	Sun	12:34	5.9	1:01	5.4	6:35	-0.1	6:40	0.6	6:43	7:39	
9	Mon	1:08	6.0	1:55	5.1	7:21	-0.4	7:21	1.2	6:42	7:40	
10	Tue	1:42	6.0	2:51	4.8	8:07	-0.5	8:03	1.8	6:40	7:40	
11	Wed	2:18	5.8	3:51	4.5	8:54	-0.4	8:48	2.3	6:39	7:41	
12	Thu	2:55	5.6	4:58	4.3	9:44	-0.2	9:42	2.8	6:37	7:42	
13	Fri	3:36	5.3	6:15	4.2	10:40	0.0	10:53	3.1	6:36	7:43	
14	Sat	4:26	4.9	7:34	4.2	11:43	0.2			6:35	7:44	
15	Sun	5:28	4.6	8:37	4.3	12:20	3.2	12:49	0.3	6:33	7:45	
16	Mon	6:40	4.5	9:23	4.5	1:38	3.0	1:51	0.4	6:32	7:46	
17	Tue	7:51	4.4	9:57	4.6	2:38	2.6	2:44	0.4	6:30	7:47	
18	Wed	8:54	4.5	10:25	4.8	3:26	2.2	3:28	0.4	6:29	7:48	
19	Thu	9:48	4.6	10:51	5.0	4:07	1.8	4:05	0.5	6:28	7:49	
20	Fri	10:37	4.6	11:15	5.1	4:43	1.3	4:39	0.6	6:26	7:50	
21	Sat	11:24	4.7	11:40	5.3	5:16	0.9	5:11	0.8	6:25	7:51	
22	Sun			12:10	4.7	5:49	0.5	5:42	1.1	6:24	7:51	
23	Mon	12:06	5.5	12:56	4.7	6:22	0.1	6:15	1.4	6:22	7:52	
24	Tue	12:34	5.7	1:45	4.6	6:58	-0.3	6:49	1.8	6:21	7:53	
25	Wed	1:04	5.8	2:36	4.5	7:37	-0.6	7:27	2.2	6:20	7:54	
26	Thu	1:38	5.9	3:33	4.4	8:21	-0.7	8:09	2.6	6:19	7:55	
27	Fri	2:17	5.8	4:37	4.3	9:10	-0.8	9:00	2.9	6:17	7:56	
28	Sat	3:03	5.7	5:47	4.3	10:06	-0.7	10:07	3.1	6:16	7:57	
29	Sun	4:00	5.4	6:57	4.4	11:10	-0.6	11:34	3.1	6:15	7:58	
30	Mon	5:11	5.2	7:58	4.7			12:19	-0.5	6:14	7:59	