




























Alcatraz Island, CA - Jun 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:03	4.3	9:29	6.0	3:06	1.0	2:41	0.8	5:48	8:26	
2	Sat	10:15	4.3	10:07	6.3	3:58	0.3	3:29	1.3	5:48	8:26	
3	Sun	11:19	4.4	10:43	6.4	4:45	-0.3	4:16	1.7	5:48	8:27	
4	Mon			12:17	4.5	5:29	-0.7	5:01	2.2	5:48	8:28	
5	Tue			1:11	4.6	6:10	-0.9	5:45	2.5	5:47	8:28	
6	Wed			2:01	4.7	6:49	-1.0	6:30	2.8	5:47	8:29	
7	Thu	12:29	6.1	2:49	4.7	7:28	-1.0	7:15	3.0	5:47	8:29	
8	Fri	1:05	5.9	3:35	4.6	8:07	-0.8	8:02	3.2	5:47	8:30	
9	Sat	1:42	5.6	4:20	4.6	8:46	-0.6	8:52	3.3	5:47	8:30	
10	Sun	2:22	5.3	5:05	4.6	9:28	-0.4	9:51	3.3	5:47	8:31	
11	Mon	3:06	5.0	5:49	4.6	10:12	-0.1	10:59	3.2	5:46	8:31	
12	Tue	3:57	4.6	6:31	4.7	10:58	0.2			5:46	8:32	
13	Wed	4:58	4.2	7:10	4.8	12:11	2.9	11:46 AM	0.5	5:46	8:32	
14	Thu	6:12	3.9	7:46	5.1	1:16	2.5	12:36	0.9	5:46	8:33	
15	Fri	7:32	3.7	8:20	5.3	2:12	2.0	1:24	1.2	5:46	8:33	
16	Sat	8:51	3.7	8:54	5.6	2:59	1.4	2:11	1.6	5:47	8:33	
17	Sun	10:01	3.9	9:28	5.9	3:41	0.8	2:57	1.9	5:47	8:34	
18	Mon	11:03	4.1	10:04	6.2	4:20	0.1	3:42	2.3	5:47	8:34	
19	Tue	11:59	4.4	10:42	6.5	4:59	-0.4	4:27	2.5	5:47	8:34	
20	Wed			12:51	4.6	5:40	-0.9	5:13	2.8	5:47	8:34	
21	Thu			1:41	4.8	6:24	-1.3	6:01	2.9	5:47	8:35	
22	Fri	12:08	6.8	2:30	4.9	7:09	-1.5	6:52	2.9	5:48	8:35	
23	Sat	12:56	6.7	3:18	5.0	7:56	-1.6	7:48	2.9	5:48	8:35	
24	Sun	1:47	6.5	4:07	5.1	8:45	-1.4	8:50	2.9	5:48	8:35	
25	Mon	2:42	6.1	4:56	5.2	9:35	-1.1	10:00	2.7	5:49	8:35	
26	Tue	3:43	5.6	5:45	5.4	10:28	-0.6	11:19	2.4	5:49	8:35	
27	Wed	4:52	5.0	6:34	5.6	11:22	0.0			5:49	8:35	
28	Thu	6:12	4.4	7:22	5.9	12:37	1.9	12:18	0.6	5:50	8:35	
29	Fri	7:40	4.1	8:08	6.1	1:49	1.3	1:14	1.2	5:50	8:35	
30	Sat	9:07	4.1	8:52	6.3	2:52	0.6	2:10	1.7	5:50	8:35	