
































Alcatraz Island, CA - Sep 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:52	4.8	3:59	6.1	9:20	1.6	10:32	0.6	6:39	7:39	
2	Tue	5:12	4.4	4:47	6.2	10:10	2.4	11:45	0.4	6:40	7:38	
3	Wed	6:48	4.2	5:44	6.2	11:14	2.9			6:41	7:36	
4	Thu	8:24	4.3	6:50	6.2	1:01	0.2	12:37	3.3	6:42	7:35	
5	Fri	9:38	4.6	7:59	6.2	2:13	0.0	2:00	3.3	6:42	7:33	
6	Sat	10:31	4.9	9:03	6.3	3:15	-0.3	3:09	3.1	6:43	7:32	
7	Sun	11:14	5.1	10:01	6.3	4:08	-0.4	4:05	2.7	6:44	7:30	
8	Mon	11:52	5.3	10:53	6.3	4:53	-0.4	4:54	2.4	6:45	7:29	
9	Tue			12:26	5.3	5:33	-0.3	5:39	2.0	6:46	7:27	
10	Wed			12:57	5.4	6:10	-0.1	6:21	1.8	6:47	7:26	
11	Thu	12:26	5.9	1:25	5.4	6:43	0.2	7:01	1.5	6:48	7:24	
12	Fri	1:10	5.5	1:51	5.4	7:15	0.7	7:40	1.3	6:48	7:23	
13	Sat	1:54	5.2	2:16	5.5	7:46	1.2	8:20	1.2	6:49	7:21	
14	Sun	2:41	4.8	2:42	5.5	8:18	1.7	9:02	1.1	6:50	7:19	
15	Mon	3:33	4.4	3:10	5.4	8:51	2.3	9:49	1.1	6:51	7:18	
16	Tue	4:36	4.1	3:45	5.3	9:29	2.8	10:44	1.1	6:52	7:16	
17	Wed	6:01	3.9	4:29	5.2	10:19	3.3	11:50	1.1	6:53	7:15	
18	Thu	7:44	4.0	5:26	5.2	11:39	3.6			6:53	7:13	
19	Fri	9:03	4.2	6:33	5.2	1:01	1.0	1:10	3.6	6:54	7:12	
20	Sat	9:49	4.4	7:40	5.3	2:06	0.7	2:18	3.4	6:55	7:10	
21	Sun	10:22	4.6	8:41	5.5	2:59	0.4	3:08	3.1	6:56	7:08	
22	Mon	10:52	4.8	9:35	5.8	3:43	0.1	3:50	2.7	6:57	7:07	
23	Tue	11:20	5.0	10:26	5.9	4:23	-0.1	4:29	2.2	6:58	7:05	
24	Wed	11:48	5.3	11:16	6.0	4:59	-0.1	5:09	1.7	6:59	7:04	
25	Thu			12:17	5.5	5:35	0.0	5:51	1.2	6:59	7:02	
26	Fri	12:06	6.0	12:47	5.8	6:11	0.3	6:36	0.6	7:00	7:01	
27	Sat	12:59	5.8	1:19	6.1	6:48	0.7	7:23	0.2	7:01	6:59	
28	Sun	1:55	5.5	1:53	6.3	7:27	1.3	8:13	-0.1	7:02	6:58	
29	Mon	2:56	5.1	2:32	6.4	8:08	1.9	9:09	-0.3	7:03	6:56	
30	Tue	4:06	4.8	3:17	6.3	8:55	2.5	10:11	-0.2	7:04	6:55	