
































Alcatraz Island, CA - Sep 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:36	5.8	2:23	5.7	7:44	0.3	8:14	1.2	6:40	7:38	
2	Thu	2:28	5.3	2:55	5.8	8:21	1.0	9:05	1.1	6:41	7:37	
3	Fri	3:25	4.8	3:28	5.7	8:59	1.7	9:59	1.0	6:41	7:35	
4	Sat	4:30	4.3	4:04	5.6	9:40	2.4	10:58	1.0	6:42	7:34	
5	Sun	5:54	4.1	4:45	5.5	10:32	3.0			6:43	7:32	
6	Mon	7:38	4.0	5:37	5.4	12:06	1.0	11:44 AM	3.4	6:44	7:31	
7	Tue	9:05	4.3	6:40	5.3	1:17	0.9	1:10	3.6	6:45	7:29	
8	Wed	10:00	4.5	7:44	5.4	2:21	0.7	2:20	3.5	6:46	7:28	
9	Thu	10:39	4.6	8:43	5.5	3:15	0.5	3:14	3.3	6:47	7:26	
10	Fri	11:10	4.8	9:34	5.7	3:59	0.3	3:57	3.0	6:47	7:24	
11	Sat	11:36	4.9	10:20	5.8	4:36	0.1	4:35	2.7	6:48	7:23	
12	Sun			12:01	5.0	5:09	0.1	5:10	2.3	6:49	7:21	
13	Mon			12:25	5.1	5:39	0.1	5:44	1.9	6:50	7:20	
14	Tue			12:50	5.3	6:08	0.2	6:20	1.6	6:51	7:18	
15	Wed	12:29	5.7	1:16	5.5	6:37	0.5	6:59	1.2	6:52	7:17	
16	Thu	1:15	5.5	1:43	5.7	7:08	0.9	7:41	0.8	6:52	7:15	
17	Fri	2:05	5.2	2:12	5.9	7:41	1.4	8:27	0.5	6:53	7:14	
18	Sat	3:02	4.8	2:46	6.0	8:17	2.0	9:20	0.3	6:54	7:12	
19	Sun	4:10	4.5	3:27	6.1	8:59	2.6	10:21	0.2	6:55	7:10	
20	Mon	5:35	4.2	4:18	6.0	9:51	3.1	11:32	0.2	6:56	7:09	
21	Tue	7:12	4.2	5:23	5.9	11:06	3.5			6:57	7:07	
22	Wed	8:35	4.5	6:39	5.9	12:50	0.0	12:44	3.5	6:58	7:06	
23	Thu	9:33	4.7	7:55	5.9	2:02	-0.1	2:08	3.2	6:58	7:04	
24	Fri	10:17	5.0	9:04	6.0	3:03	-0.3	3:12	2.7	6:59	7:03	
25	Sat	10:54	5.3	10:04	6.1	3:55	-0.4	4:06	2.2	7:00	7:01	
26	Sun	11:29	5.5	11:00	6.0	4:39	-0.3	4:55	1.6	7:01	7:00	
27	Mon			12:01	5.7	5:19	-0.1	5:41	1.2	7:02	6:58	
28	Tue			12:31	5.8	5:56	0.3	6:24	0.8	7:03	6:56	
29	Wed	12:43	5.5	1:00	5.9	6:31	0.8	7:07	0.5	7:04	6:55	
30	Thu	1:34	5.2	1:29	5.9	7:06	1.4	7:49	0.4	7:04	6:53	