



















Alcatraz Island, CA - Sep 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:39	3.9	6:13	5.6	12:40	0.9	11:46 AM	3.6	6:39	7:39	
2	Sat	9:46	4.2	7:21	5.8	1:50	0.5	1:21	3.7	6:40	7:37	
3	Sun	10:26	4.5	8:27	6.1	2:51	0.1	2:32	3.5	6:41	7:36	
4	Mon	11:00	4.7	9:27	6.4	3:42	-0.3	3:29	3.1	6:42	7:34	
5	Tue	11:32	4.9	10:24	6.6	4:28	-0.6	4:19	2.5	6:43	7:33	
6	Wed			12:03	5.2	5:10	-0.7	5:08	2.0	6:44	7:31	
7	Thu			12:35	5.5	5:50	-0.6	5:58	1.4	6:44	7:30	
8	Fri	12:13	6.4	1:07	5.9	6:29	-0.3	6:49	0.8	6:45	7:28	
9	Sat	1:09	6.1	1:41	6.2	7:08	0.3	7:41	0.4	6:46	7:27	
10	Sun	2:07	5.6	2:17	6.4	7:48	1.0	8:36	0.2	6:47	7:25	
11	Mon	3:10	5.1	2:57	6.4	8:30	1.7	9:35	0.1	6:48	7:24	
12	Tue	4:22	4.7	3:41	6.3	9:17	2.4	10:40	0.1	6:49	7:22	
13	Wed	5:48	4.4	4:33	6.1	10:16	3.0	11:54	0.2	6:49	7:21	
14	Thu	7:23	4.4	5:36	5.9	11:37	3.4			6:50	7:19	
15	Fri	8:45	4.6	6:47	5.7	1:11	0.2	1:08	3.5	6:51	7:17	
16	Sat	9:43	4.8	7:58	5.6	2:20	0.2	2:23	3.3	6:52	7:16	
17	Sun	10:26	5.0	9:01	5.6	3:18	0.1	3:21	2.9	6:53	7:14	
18	Mon	11:02	5.1	9:54	5.6	4:03	0.1	4:08	2.5	6:54	7:13	
19	Tue	11:32	5.1	10:40	5.6	4:41	0.2	4:48	2.2	6:55	7:11	
20	Wed	11:58	5.2	11:22	5.5	5:13	0.3	5:25	1.8	6:55	7:10	
21	Thu			12:20	5.3	5:42	0.6	5:59	1.5	6:56	7:08	
22	Fri	12:03	5.3	12:40	5.3	6:08	0.9	6:32	1.3	6:57	7:06	
23	Sat	12:43	5.1	1:01	5.5	6:33	1.2	7:04	1.0	6:58	7:05	
24	Sun	1:24	4.9	1:22	5.6	6:58	1.7	7:38	0.8	6:59	7:03	
25	Mon	2:08	4.7	1:46	5.6	7:25	2.1	8:14	0.7	7:00	7:02	
26	Tue	2:57	4.4	2:13	5.6	7:53	2.6	8:55	0.6	7:01	7:00	
27	Wed	3:55	4.2	2:46	5.6	8:24	3.0	9:45	0.6	7:01	6:59	
28	Thu	5:10	4.0	3:29	5.5	9:03	3.4	10:45	0.6	7:02	6:57	
29	Fri	6:45	4.0	4:26	5.4	10:04	3.7	11:57	0.5	7:03	6:56	
30	Sat	8:11	4.2	5:39	5.4	11:45	3.8			7:04	6:54	