
































Alcatraz Island, CA - Sep 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:17	5.0	3:14	6.4	8:41	1.6	9:48	0.4	6:39	7:39	
2	Sun	4:31	4.5	3:59	6.4	9:26	2.3	10:57	0.3	6:40	7:38	
3	Mon	6:00	4.2	4:52	6.3	10:23	2.9			6:41	7:36	
4	Tue	7:40	4.2	5:57	6.2	12:14	0.2	11:40 AM	3.4	6:42	7:35	
5	Wed	9:02	4.5	7:10	6.1	1:32	0.1	1:12	3.4	6:43	7:33	
6	Thu	9:59	4.8	8:20	6.1	2:41	-0.1	2:30	3.2	6:43	7:32	
7	Fri	10:44	5.0	9:22	6.1	3:37	-0.2	3:31	2.9	6:44	7:30	
8	Sat	11:22	5.2	10:17	6.1	4:24	-0.2	4:22	2.5	6:45	7:29	
9	Sun	11:55	5.3	11:06	5.9	5:04	-0.2	5:07	2.1	6:46	7:27	
10	Mon			12:24	5.4	5:38	0.0	5:49	1.8	6:47	7:26	
11	Tue			12:51	5.4	6:10	0.3	6:27	1.5	6:48	7:24	
12	Wed	12:34	5.5	1:15	5.5	6:39	0.7	7:04	1.2	6:48	7:22	
13	Thu	1:17	5.2	1:37	5.5	7:07	1.2	7:41	1.1	6:49	7:21	
14	Fri	2:00	4.9	2:00	5.6	7:35	1.7	8:18	0.9	6:50	7:19	
15	Sat	2:47	4.5	2:25	5.6	8:04	2.2	8:59	0.9	6:51	7:18	
16	Sun	3:41	4.2	2:54	5.5	8:34	2.7	9:45	0.9	6:52	7:16	
17	Mon	4:49	4.0	3:32	5.4	9:08	3.2	10:42	1.0	6:53	7:15	
18	Tue	6:21	3.9	4:21	5.3	9:57	3.5	11:50	0.9	6:53	7:13	
19	Wed	8:07	4.0	5:24	5.2	11:26	3.8			6:54	7:12	
20	Thu	9:10	4.2	6:36	5.3	1:03	0.8	1:08	3.7	6:55	7:10	
21	Fri	9:46	4.4	7:45	5.4	2:07	0.5	2:15	3.4	6:56	7:08	
22	Sat	10:15	4.6	8:47	5.6	2:58	0.2	3:05	3.0	6:57	7:07	
23	Sun	10:42	4.9	9:43	5.8	3:41	0.0	3:49	2.4	6:58	7:05	
24	Mon	11:09	5.2	10:37	5.9	4:20	-0.1	4:32	1.8	6:59	7:04	
25	Tue	11:37	5.5	11:31	5.9	4:57	0.0	5:15	1.1	6:59	7:02	
26	Wed			12:06	5.9	5:34	0.3	6:00	0.5	7:00	7:01	
27	Thu	12:25	5.8	12:38	6.2	6:11	0.7	6:47	0.0	7:01	6:59	
28	Fri	1:22	5.5	1:12	6.5	6:49	1.3	7:37	-0.4	7:02	6:58	
29	Sat	2:23	5.2	1:50	6.6	7:30	1.9	8:30	-0.6	7:03	6:56	
30	Sun	3:29	4.9	2:33	6.6	8:15	2.5	9:28	-0.5	7:04	6:54	