































Alcatraz Island, CA - Sep 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:00	5.8	1:44	5.8	7:06	0.4	7:35	1.1	6:40	7:38	
2	Tue	1:49	5.4	2:14	5.8	7:40	1.0	8:20	0.9	6:41	7:37	
3	Wed	2:40	4.9	2:43	5.8	8:14	1.6	9:07	0.9	6:41	7:35	
4	Thu	3:37	4.5	3:15	5.7	8:50	2.3	9:58	0.9	6:42	7:34	
5	Fri	4:44	4.1	3:51	5.6	9:30	2.8	10:56	1.0	6:43	7:32	
6	Sat	6:12	3.9	4:37	5.4	10:23	3.3			6:44	7:31	
7	Sun	7:58	4.0	5:34	5.3	12:05	1.0	11:44 AM	3.6	6:45	7:29	
8	Mon	9:13	4.2	6:42	5.3	1:16	0.9	1:14	3.6	6:46	7:27	
9	Tue	9:58	4.4	7:47	5.4	2:19	0.7	2:21	3.4	6:47	7:26	
10	Wed	10:30	4.5	8:45	5.5	3:10	0.5	3:11	3.1	6:47	7:24	
11	Thu	10:56	4.7	9:36	5.7	3:52	0.3	3:53	2.8	6:48	7:23	
12	Fri	11:21	4.9	10:24	5.8	4:27	0.2	4:31	2.4	6:49	7:21	
13	Sat	11:45	5.1	11:09	5.8	4:59	0.1	5:07	1.9	6:50	7:20	
14	Sun			12:09	5.4	5:30	0.2	5:44	1.5	6:51	7:18	
15	Mon			12:35	5.6	6:01	0.5	6:23	1.0	6:52	7:17	
16	Tue	12:43	5.5	1:03	5.9	6:33	0.9	7:05	0.6	6:52	7:15	
17	Wed	1:35	5.3	1:33	6.1	7:07	1.3	7:50	0.2	6:53	7:13	
18	Thu	2:31	5.0	2:07	6.3	7:43	1.9	8:41	0.0	6:54	7:12	
19	Fri	3:34	4.7	2:47	6.3	8:24	2.5	9:38	0.0	6:55	7:10	
20	Sat	4:50	4.4	3:36	6.2	9:13	3.0	10:45	0.0	6:56	7:09	
21	Sun	6:18	4.3	4:37	6.1	10:19	3.3			6:57	7:07	
22	Mon	7:45	4.4	5:51	5.9	12:01	0.0	11:50 AM	3.5	6:58	7:06	
23	Tue	8:50	4.6	7:09	5.8	1:19	0.0	1:23	3.3	6:58	7:04	
24	Wed	9:39	4.9	8:23	5.8	2:25	-0.1	2:35	2.8	6:59	7:03	
25	Thu	10:19	5.2	9:28	5.8	3:19	-0.1	3:34	2.2	7:00	7:01	
26	Fri	10:54	5.5	10:26	5.8	4:05	0.0	4:24	1.6	7:01	6:59	
27	Sat	11:27	5.7	11:19	5.6	4:45	0.2	5:10	1.1	7:02	6:58	
28	Sun	11:57	5.8			5:21	0.6	5:52	0.7	7:03	6:56	
29	Mon	12:10	5.4	12:25	5.9	5:55	1.0	6:33	0.4	7:04	6:55	
30	Tue	1:00	5.2	12:52	5.9	6:29	1.5	7:12	0.3	7:05	6:53	