
































Alcatraz Island, CA - Apr 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:57	5.8	6:59	4.1	11:13	-0.4	11:03	3.2	6:54	7:32	
2	Thu	5:05	5.5	8:09	4.3			12:28	-0.3	6:52	7:33	
3	Fri	6:25	5.3	9:02	4.6	12:41	3.0	1:39	-0.3	6:50	7:34	
4	Sat	7:45	5.2	9:45	4.9	2:03	2.6	2:39	-0.3	6:49	7:35	
5	Sun	8:57	5.2	10:22	5.3	3:07	1.9	3:29	-0.2	6:48	7:36	
6	Mon	10:02	5.2	10:56	5.6	4:02	1.2	4:13	0.1	6:46	7:37	
7	Tue	11:01	5.1	11:28	5.8	4:50	0.6	4:53	0.4	6:45	7:38	
8	Wed	11:56	5.0	11:59	5.9	5:35	0.1	5:31	0.9	6:43	7:39	
9	Thu			12:49	4.9	6:17	-0.3	6:08	1.3	6:42	7:40	
10	Fri	12:30	6.0	1:41	4.7	6:58	-0.5	6:45	1.8	6:40	7:41	
11	Sat	1:00	5.9	2:32	4.5	7:38	-0.5	7:23	2.3	6:39	7:41	
12	Sun	1:31	5.8	3:25	4.3	8:18	-0.5	8:03	2.7	6:37	7:42	
13	Mon	2:04	5.6	4:23	4.1	9:01	-0.3	8:47	3.0	6:36	7:43	
14	Tue	2:41	5.4	5:28	4.0	9:49	-0.1	9:41	3.2	6:34	7:44	
15	Wed	3:25	5.1	6:39	4.0	10:43	0.1	10:57	3.3	6:33	7:45	
16	Thu	4:20	4.8	7:43	4.0	11:45	0.3			6:32	7:46	
17	Fri	5:26	4.5	8:30	4.2	12:25	3.2	12:48	0.4	6:30	7:47	
18	Sat	6:40	4.3	9:04	4.4	1:38	2.9	1:44	0.5	6:29	7:48	
19	Sun	7:51	4.3	9:32	4.6	2:34	2.4	2:31	0.5	6:28	7:49	
20	Mon	8:56	4.3	9:57	4.9	3:20	1.9	3:11	0.6	6:26	7:50	
21	Tue	9:55	4.4	10:23	5.2	3:59	1.3	3:48	0.8	6:25	7:51	
22	Wed	10:50	4.5	10:50	5.5	4:36	0.7	4:23	1.1	6:24	7:52	
23	Thu	11:44	4.6	11:19	5.8	5:13	0.1	4:59	1.5	6:22	7:52	
24	Fri			12:36	4.6	5:51	-0.5	5:36	1.8	6:21	7:53	
25	Sat			1:30	4.6	6:31	-0.9	6:15	2.2	6:20	7:54	
26	Sun	12:27	6.3	2:25	4.6	7:15	-1.2	6:57	2.5	6:19	7:55	
27	Mon	1:07	6.4	3:23	4.5	8:02	-1.3	7:45	2.8	6:17	7:56	
28	Tue	1:52	6.3	4:24	4.4	8:54	-1.3	8:40	3.0	6:16	7:57	
29	Wed	2:44	6.0	5:28	4.4	9:52	-1.1	9:50	3.0	6:15	7:58	
30	Thu	3:44	5.7	6:31	4.5	10:54	-0.8	11:17	2.9	6:14	7:59	